

## Baked Tomatoes with Tuna, White Beans and Bread Crumbs

*The beauty of this dish lies in its basic ingredients, most of which you probably already have in your pantry. For a striking presentation, reserve the tomato tops, with the stems attached, and place them over the filling before baking.*

Preheat an oven to 300°F. Lightly grease a baking dish with 1 tsp. of the olive oil.

Place the bread slices on a baking sheet and bake until crisp and beginning to brown, about 15 minutes. Scrape the garlic clove on one side of each warm bread slice; discard the garlic. Let the bread cool, then tear into chunks and whirl in a food processor to make coarse crumbs. Transfer to a bowl and mix with 2 tsp. of the olive oil and 1 Tbs. of the parsley. Increase the oven temperature to 375°F.

Cut a uniform opening in the top of each tomato around the stem and remove the tops. Using a melon baller, gently scoop out the core and seeds, leaving the sidewalls intact. Arrange the tomatoes, cut side up, in the prepared baking dish.

In a large bowl, combine the tuna, beans, onion, capers, vinegar, the remaining 1 Tbs. olive oil and the remaining 1 Tbs. parsley. Stir to mix, using a fork to break up the tuna. Spoon the filling into the tomatoes, dividing it evenly and mounding it slightly on top. Cover the filling generously with the bread crumbs. Bake until the bread crumbs are golden and the sides of the tomatoes are soft and the skins have just begun to split, 20 to 25 minutes. Let cool slightly and serve. Serves 2.

Adapted from Williams-Sonoma *Healthy in a Hurry*, by Karen Ansel, MS, RD and Charity Ferreira (Weldon Owen, 2012).

## Baked Chicken with Cherry Tomatoes, Herbs and Lemon

*Cherry tomatoes become even sweeter as they bake, making them a tasty accompaniment to chicken breasts that cook right alongside. If desired, you can omit the tarragon and sage and top the finished dish with fresh basil and parsley leaves lightly drizzled with olive oil.*

Preheat an oven to 375°F. Lightly grease a baking dish with 2 tsp. of the olive oil.

Place the chicken breast halves in the prepared baking dish. Arrange the tomatoes around the chicken. Drizzle the chicken and tomatoes with the vinegar and 2½ tsp. of the olive oil. Sprinkle with the salt and pepper.

Top each chicken breast half with 2 lemon slices. Arrange the tarragon sprigs and sage leaves over and around the chicken. Drizzle the remaining 2 tsp. olive oil over the herbs. Bake until the chicken is opaque throughout, 25 to 30 minutes. Arrange a chicken breast half on each of 4 plates, spooning equal amounts of the tomatoes and herbs around each. Drizzle with the pan juices and serve immediately. Serves 4.

Adapted from Williams-Sonoma *Healthy in a Hurry*, by Karen Ansel, MS, RD and Charity Ferreira (Weldon Owen, 2012).

January 22, 2012

### Ingredients for Baked Tomatoes with Tuna, White Beans and Bread Crumbs

2 Tbs. olive oil

2 slices crusty artisan-style bread, each about ½ inch thick

1 garlic clove, peeled but left whole

2 Tbs. chopped fresh flat-leaf parsley

4 large or 8 small ripe tomatoes

1 can (5 oz.) water-packed albacore tuna, drained

½ cup low-sodium canned cannellini or butter beans, drained and rinsed

2 Tbs. minced red onion

1 Tbs. capers, drained

1 tsp. sherry vinegar

### Ingredients for Baked Chicken with Cherry Tomatoes, Herbs and Lemon

6½ tsp. olive oil

4 boneless, skinless chicken breast halves

8 oz. cherry or grape tomatoes, halved

1½ tsp. balsamic vinegar

½ tsp. sea salt

Freshly ground pepper, to taste

1 lemon, cut into 8 thin slices

6 to 8 fresh tarragon sprigs

8 to 10 fresh sage leaves

### How to Grill

1. Prepare a fire in a charcoal grill or ignite the fuel jets on a gas grill. For a charcoal grill, let the coals burn until they have a light coating of ash, about 30 minutes. If using a gas grill, preheat the grill for about 15 minutes. If necessary, clean the grill rack using a wire grill brush when the fire is hot.

2. Use a pastry brush, an oil-saturated paper towel or nonstick cooking spray (away from the fire) to lightly oil the grill rack.

3. Place the food, presentation side down if indicated in the recipe, on the rack. (The first side grilled often has the best-looking grill marks, so start with the side you plan to show when the food is plated.)

4. If attractive crosshatch marks are desired, cook the food undisturbed for a minute or two, then pick up the food, rotate 45 degrees, return it to the grill, and cook until done on the first side.

5. Turn the food and continue to cook according to recipe guidelines, again rotating for crosshatch marks if desired. Check for doneness using a visual cue or an instant-read thermometer.

6. If you do not have a grill, you can use a broiler to achieve similar results. The heat comes from above, rather than below, but the timing is about the same. Foods are placed 4 to 8 inches away from the heat source, with thicker cuts at greater distances. If food is too close to the heat, the outside will char before the inside cooks.

Adapted from Williams-Sonoma *Essentials of Healthful Cooking*, by Mary Abbott Hess, Dana Jacobi & Marie Simmons (Oxmoor House, 2003).

WILLIAMS-SONOMA

# Technique Class: Healthy in a Hurry, Part 3: Grill & Bake

It's a proven fact that the foods you eat directly affect your overall health and energy level. One of the best ways to ensure you experience the benefits of both is to add plenty of fresh produce and whole grains to your diet. Another is to learn how to cook with health in mind—lowering the quantity of fat, choosing your ingredients well and learning proper cooking techniques. This brochure focuses on the cooking techniques of grilling and baking to add to your healthy cooking repertoire.

## Grilling

Grilling, or the cooking of food over a charcoal or gas fire, is suited to a healthful regimen because little added fat is used. The recipes in this brochure call for direct-heat grilling, a high-heat method used for cooking small or thin foods in a short amount of time. Foods are placed directly over the hot coals of a charcoal grill or the preheated heat elements of a gas grill. The high heat sears and caramelizes the surface and seals the juices inside.

Keep in mind that an indoor electric grill or a stovetop grill pan is a great alternative to an outdoor grill during inclement weather.

One key to successful grilling is to season or marinate food before it goes on the grill. In the past, recipes warned cooks against salting meat before cooking, or it would dry out. In today's thinking, salt, pepper, herbs and other seasonings applied before grilling not only contribute flavor but also form a savory, caramelized crust that keeps foods juicy and tender. If a sauce contains sugar, brush it on toward the end of cooking to prevent burning.

Always begin with a clean grill rack and oil both it and the food, especially when cooking fish and shellfish, most vegetables, and lean meats and poultry. Use a pastry brush, an oil-saturated rolled-up paper towel or nonstick cooking spray to oil the grill rack. Most of the oil will burn off during the cooking, so you do not need to worry about added fat.

#### Ingredients for Grilled Tofu Kabobs with Spicy Marinade

¼ cup soy sauce

3 Tbs. rice vinegar

3 garlic cloves, minced

2 Tbs. Asian red chili paste

2 Tbs. toasted sesame oil

1 tsp. grated orange zest

¾ lb. firm tofu, cut into 1-inch cubes

Vegetable oil for grill

#### Ingredients for Grilled Beef with Salsa Verde

For the salsa verde:

¾ cup loosely packed fresh flat-leaf parsley leaves, chopped

4 tsp. capers, rinsed, drained and chopped

3 pitted green olives, finely chopped

2 or 3 anchovy fillets, rinsed, patted dry and finely chopped

1 garlic clove, minced

1 Tbs. chopped fresh mint

2 Tbs. white wine vinegar

1 Tbs. extra-virgin olive oil

¼ tsp. kosher salt, plus more, to taste

Freshly ground pepper, to taste

1 lb. flank steak

½ tsp. kosher salt

⅜ tsp. freshly ground pepper

## Grilled Tofu Kabobs with Spicy Marinade

*If you think of tofu as bland, think again. Tofu is notable for its ability to pick up flavors, making it a blank canvas for your favorite dressings, marinades and seasonings. It is available in a wide variety of textures, making it well suited to many different cooking methods. Firm tofu, used here, can be sliced and broiled, cubed and stir-fried, or marinated and grilled.*

In a bowl large enough to hold the tofu, whisk together the soy sauce, vinegar, garlic, chili paste, sesame oil and orange zest until well blended. Add the tofu and mix gently to coat. Cover and refrigerate for 1 to 24 hours.

Prepare a hot fire in a grill and oil the rack well. If using wooden skewers, soak them in water for 30 minutes.

Thread the tofu onto skewers, reserving the marinade. Place the skewers on the grill and cook, turning once and basting frequently with the reserved marinade, until browned on both sides, 4 to 6 minutes total. Serve immediately. Serves 4.

Adapted from Williams-Sonoma *Eat Well*, by Charity Ferreira (Oxmoor House, 2008).

## Grilled Beef with Salsa Verde

*Flank steak is one of the cuts of beef that is lowest in fat. Because it is fibrous, it can be tough. Be careful not to overcook it, and cut it across the grain into thin slices.*

To make the salsa verde, in a small bowl, combine the parsley, capers, olives, anchovies, garlic, mint, vinegar and olive oil. Using a fork, mix together until all the ingredients are evenly distributed. Season with the salt and pepper. Set aside for 20 to 30 minutes to allow the flavors to blend.

Prepare a hot fire in a grill and oil the grill rack. Season the flank steak on both sides with the salt and pepper.

Using tongs, place the steak over the hottest part of a charcoal fire or directly over the heat elements of a gas grill. Cook, turning once, 5 to 7 minutes per side for medium-rare, 6 to 8 minutes per side for medium and 8 to 10 minutes per side for well-done. To test for doneness, cut into the steak at the thickest part.

Transfer the steak to a platter and let rest for about 10 minutes to reabsorb the juices. Cut the steak across the grain into thin slices. Serve with the salsa verde. Serves 4.

Adapted from Williams-Sonoma *Essentials of Healthful Cooking*, by Mary Abbott Hess, Dana Jacobi & Marie Simmons (Oxmoor House, 2003).

## Baking

The term *baking* is commonly linked with breads, cakes, pies and the like, but when applied to meats, poultry, seafood and vegetables, the terms *baking* and *roasting* are often used interchangeably. Both refer to cooking in the dry heat of an oven. Baking foods are sometimes covered; roasting foods are always uncovered and typically exposed to relatively high temperatures. This high heat releases the natural sugars in vegetables and fruits, leaving them tender on the inside and caramelized and sometimes even crisp on the outside.

All meats, but especially lean meats, require a watchful eye when roasting, as they can easily dry out. When done properly, both baking and roasting produce a moist, juicy finish and concentrated flavors.

#### How to Bake and Roast

- Choose the right pan, such as a roasting pan or a baking dish or an ovenproof fry pan. There should be room for the food to fit comfortably and for the air to circulate freely. A rack is sometimes useful for elevating large items in a roasting pan.
- Some recipes call for tying or trussing whole poultry or roasts into a compact shape for encasing seasonings or making an attractive presentation when carving at the table
- For foods that will cook relatively briefly, or when pan roasting, sear the food in a small amount of hot oil to give it a flavorful, browned crust. Longer-cooked foods will develop a crisp, golden exterior without this extra step.
- Roast according to recipe guidelines, then check for doneness using a visual cue or an instant-read thermometer. The temperature will rise 5° to 10°F if the food is allowed to rest before serving, equalizing the temperature and moistness.
- If making a pan sauce, skim the fat from the pan juices, and place the pan on the stovetop over medium heat. Pour in the liquid of choice, then deglaze the pan, stirring the liquid with a wooden spoon and scraping up the browned bits from the pan bottom.
- To finish the sauce, cook until reduced to the desired consistency, or stir in a small amount of cornstarch mixed with water and cook, stirring, until the sauce is lightly thickened.

Adapted from Williams-Sonoma *Essentials of Healthful Cooking*, by Mary Abbott Hess, Dana Jacobi & Marie Simmons (Oxmoor House, 2003).

#### Notes

Visit [williams-sonoma.com](http://williams-sonoma.com) to search our extensive recipe collection, find menus and tips for entertaining, and browse an expanded selection of products in every category.