

CHANA MASALA

THIS SIMPLE CHICKPEA CURRY IS FAST TO ASSEMBLE AND RESULTS IN A FLAVORFUL, INEXPENSIVE MEAL THAT PROVIDES A COMPLETE PROTEIN SERVED OVER RICE OR WITH NAAN.

2	CANS (EACH 19 OZ/540 ML) CHICKPEAS, RINSED AND DRAINED	2
1	CAN (14 OZ/400 ML) COCONUT MILK (OR 1½ CUPS/375 ML READY-TO-USE CHICKEN OR VEGETABLE BROTH)	1
1	ONION, FINELY CHOPPED	1
2 TO 3	TOMATOES, CHOPPED	2 TO 3
1	JALAPEÑO PEPPER, SEEDED AND FINELY CHOPPED	1
⅓ CUP	CHOPPED FRESH CILANTRO	75 ML
2 TO 3	CLOVES GARLIC, CRUSHED	2 TO 3
2 TSP	GRATED GINGERROOT	10 ML
2 TSP	GROUND CUMIN	10 ML
1 TSP	CHILI POWDER	5 ML
1 TSP	GARAM MASALA	5 ML
1 TSP	GROUND TURMERIC (OPTIONAL)	5 ML
	SALT	
	ADDITIONAL CHOPPED FRESH CILANTRO (OPTIONAL)	

COMBINE ALL THE INGREDIENTS IN A 4- TO 6-QUART SLOW COOKER. COVER AND COOK ON LOW FOR 4 TO 6 HOURS, UNTIL BUBBLY AND STEW-LIKE. SERVE WARM, OVER RICE, WITH EXTRA CILANTRO IF YOU LIKE. **SERVES 4 TO 6.**

TIP: PURÉE LEFTOVERS WITH A DOLLOP OF YOGURT AND A SPOONFUL OF TAHINI FOR A DELICIOUSLY SPICY HUMMUS, OR ADD CHICKEN OR VEGETABLE STOCK TO MAKE CHICKPEA SOUP.





GRANDMA RUBY'S BBQ RIBS

GRANDMA RUBY MADE HERS IN A BIG POT IN THE OVEN, BUT THIS SLOW-COOKER VERSION IS JUST AS FALL-APART DELICIOUS.

3 LBS	BABY BACK PORK RIBS	1.5 KG
	SALT AND PEPPER	
1/2 CUP	WATER	125 ML
1/2 CUP	PACKED BROWN SUGAR	125 ML
1/2 CUP	KETCHUP	125 ML
1 TBSP	WORCESTERSHIRE SAUCE	15 ML
1 TSP	PREPARED YELLOW MUSTARD	5 ML
1 TSP	GROUND CORIANDER	5 ML
2	LEMON SLICES	2

PLACE YOUR OVEN RACK ABOUT 6 TO 8 INCHES BELOW THE BROILER AND TURN THE BROILER ON. SPRINKLE THE RIBS WITH SALT AND PEPPER, CUT INTO 2 TO 3 RIB PORTIONS, AND PLACE ON A BROILING PAN. BROIL UNTIL BROWNEED, ABOUT 3 MINUTES PER SIDE.

PLACE THE RIBS IN A 6-QUART SLOW COOKER. IN A SMALL BOWL, COMBINE THE WATER, BROWN SUGAR, KETCHUP, WORCESTERSHIRE SAUCE, MUSTARD, AND CORIANDER. POUR THE SAUCE EVENLY OVER THE BROILED RIBS. PLACE THE LEMON SLICES IN THE SLOW COOKER AND COOK ON LOW FOR 6 TO 7 HOURS. **SERVES 4 TO 6.**

**WE'VE BEEN THROUGH THICK AND THIN TOGETHER.
YOU DO REMEMBER THIN DON'T YOU?**

PULLED BEEF WITH STOUT

THIS SIMPLE SLOW COOKER DISH IS A FANTASTIC ALTERNATIVE TO THE USUAL PULLED PORK; IT'S DEEPER AND RICHER, AND DELICIOUS STRAIGHT-UP OR PILED ONTO SOFT BUNS OR FRESH BISCUITS. IF YOU DON'T WANT TO USE STOUT, SUBSTITUTE STOCK – OR USE APPLE JUICE AND REDUCE THE SUGAR BY HALF.

	VEGETABLE OIL	
3 LB	UNTIED BONELESS BEEF BLADE OR CROSS RIB POT ROAST	1.5 KG
2	ONIONS, HALVED AND THINLY SLICED	2
1	BOTTLE (12 OZ/341 ML) STOUT OR OTHER DARK BEER	1
1 1/2 CUPS	BARBECUE SAUCE	375 ML
2 TBSP	PACKED BROWN SUGAR	30 ML
2 TBSP	BALSAMIC VINEGAR	30 ML
2 TBSP	GRAINY MUSTARD	30 ML
2	GARLIC CLOVES, MINCED	2
	SOFT BUNS	

IN A HEAVY SKILLET, HEAT A DRIZZLE OF OIL OVER MEDIUM-HIGH HEAT AND BROWN THE ROAST ON ALL SIDES. MEANWHILE, TOSS EVERYTHING ELSE TOGETHER IN A 6-QUART SLOW COOKER. ADD THE BROWNED MEAT AND SPOON SOME OF THE SAUCE OVER TOP. COVER AND COOK ON LOW FOR 6 TO 8 HOURS. USING TWO FORKS, PULL THE MEAT APART, TOSSING WITH THE SAUCE, AND SERVE ON SOFT BUNS. **SERVES 8 TO 10.**

*I'M A WINE ENTHUSIAST . . . THE MORE WINE I DRINK,
THE MORE ENTHUSIASTIC I BECOME.*

EASY BUTTER CHICKEN

CHICKEN THIGHS ARE INEXPENSIVE AND MORE FLAVORFUL THAN CHICKEN BREASTS – YOU CAN ALSO USE LEFTOVER SHREDDED ROAST CHICKEN OR TURKEY. BE SURE TO USE FULL-FAT CREAM OR SOUR CREAM; THE LOW-FAT KIND CAN SEPARATE AND APPEAR CURDLED. BETTER TO JUST USE LESS!

6 TO 8	BONELESS SKINLESS CHICKEN THIGHS	6 TO 8
1	ONION, HALVED AND THINLY SLICED	1
1 TBSP	GRATED GINGERROOT	15 ML
4	CLOVES GARLIC, MINCED	4
1 TBSP	CHILI POWDER	15
2 TO 3 TSP	CURRY PASTE OR POWDER	10 TO 15 ML
1 TSP	GARAM MASALA (OPTIONAL)	5 ML
1	CINNAMON STICK	1
1	CAN (28 OZ/796 ML) DICED TOMATOES, WITH JUICE	1
2 TBSP	TOMATO PASTE	30 ML
1/2 to 1 CUP	SOUR CREAM, HEAVY CREAM OR WHIPPING (35%) CREAM	125 to 250 ML
	SALT AND PEPPER	
	CHOPPED CILANTRO (OPTIONAL)	

COMBINE THE CHICKEN, ONION, GINGER, GARLIC, CHILI POWDER, CURRY PASTE, GARAM MASALA, CINNAMON STICK, TOMATOES, AND TOMATO PASTE IN A 4- TO 6-QUART SLOW COOKER. COVER AND COOK ON LOW FOR 5 TO 7 HOURS. STIR IN THE SOUR CREAM AND SEASON TO TASTE WITH SALT AND PEPPER. SERVE HOT, OVER RICE AND TOPPED WITH CILANTRO. **SERVES 6.**

TOMATO BASIL BISQUE WITH CHEESY CROUTONS

THE BEST KIND OF COMFORT FOOD!

SOUP

1	LARGE ONION, FINELY CHOPPED	1
2	STALKS CELERY, FINELY CHOPPED	2
2	CARROTS, FINELY CHOPPED	2
2	CLOVES GARLIC, MINCED	2
2	CANS (EACH 28 OZ/796 ML) DICED OR CRUSHED TOMATOES, WITH JUICE	2
4 CUPS	READY-TO-USE CHICKEN BROTH	1 L
	SALT	
2/3 CUP	PACKED FRESH BASIL LEAVES (A 1 1/2-OZ/40 G PACKAGE), DIVIDED	150 ML
3 TBSP	BUTTER	45 ML
1/4 CUP	ALL-PURPOSE FLOUR	60 ML
1/2 CUP	HEAVY OR WHIPPING (35%) CREAM	125 ML

CROUTONS

1	CLOVE GARLIC, MINCED	1
1/4 to 1/2 CUP	OLIVE OIL	60 to 125 ML
1	BAGUETTE, CUT INTO 1/4- TO 1/2-INCH (0.5 TO 1 CM) THICK SLICES	1
	SALT AND PEPPER	
1 CUP	GRATED PARMESAN CHEESE (OR OTHER FIRM SHARP CHEESE)	250 ML

SOUP: PLACE ONION, CELERY, CARROTS, GARLIC, TOMATOES, BROTH AND SALT TO TASTE IN A 6-QUART SLOW COOKER. COVER AND COOK ON LOW FOR 6 TO

8 HOURS, UNTIL THE VEGETABLES ARE VERY SOFT. USING A HAND-HELD IMMERSION BLENDER, CAREFULLY PURÉE THE SOUP RIGHT IN THE SLOW COOKER, THEN REPLACE THE LID.

DISCARD THE BASIL STEMS, AND SLICE 5 TO 6 LARGE LEAVES INTO RIBBONS AND SET ASIDE. FINELY CHOP THE REMAINDER OF THE LEAVES AND SET ASIDE.

IN A SMALL BOWL, MIX THE BUTTER AND FLOUR TO MAKE A SMOOTH PASTE. PINCH OFF SMALL BITS AND DROP INTO THE SOUP; WHISK UNTIL COMBINED. STIR IN THE CREAM AND THE FINELY CHOPPED BASIL, REPLACE THE LID AND LET SIT FOR 10 MINUTES.

CROUTONS: PREHEAT OVEN TO 400°F (200°C). COMBINE GARLIC AND 1/4 CUP (60 ML) OF THE OIL IN A SMALL BOWL. BRUSH THE OIL ONTO BOTH SIDES OF THE BREAD (TOP UP THE OIL AS NEEDED) AND ARRANGE IN A SINGLE LAYER ON A PARCHMENT-LINED BAKING SHEET. SPRINKLE WITH A LITTLE SALT AND PEPPER AND BAKE UNTIL BARELY TOASTED, ABOUT 5 MINUTES. FLIP THE SLICES OVER, SPRINKLE THE CHEESE OVER TOP AND BAKE UNTIL THE CHEESE IS MELTED.

SERVE THE SOUP TOPPED WITH THE RESERVED BASIL, WITH THE CROUTONS ALONGSIDE FOR DIPPING.

SERVES 6 TO 8.

TIP: THE CROUTONS CAN BE MADE A DAY OR TWO AHEAD AND KEPT IN AN AIRTIGHT CONTAINER.