

Chile-Braised **Short Ribs** P.76
Creamy Polenta with **Pork Ragù** P.76
Vanilla Bean **Tarte Tatin** P.79

The
**COMFORT
FOOD**
Issue

Calling All Carbs!
America's Best Bread P.15

bon appétit



The New Rules of Pasta

How **clever**
techniques
& **surprising**
ingredients
are changing
the way
we make
our favorite
dinner

P.52



That richness
and spice? It's
called nduja.

When it
comes to
spaghetti,
try taking
it black.

Chopped
shrimp instead
of sausage?
Yes, please.

+
24 HOURS
AT THE
**WAFFLE
HOUSE**

P.60

MARCH 2015

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PLUS The kitchen appliance we're kinda embarrassed to admit
that we're totally obsessed with p.29

DEAR BON APPÉTIT,
AS A FAN OF AUSTIN'S
ODD DUCK SINCE ITS FOOD
TRAILER DAYS, I WAS
THRILLED TO SEE IT OPEN AS
A BRICK-AND-MORTAR.
HAVING DEVoured THE
LOVELY BEET PANNA COTTA
WITH MEYER LEMON
MOUSSE IN ITS ENTIRETY, I'D
LOVE TO HAVE THE RECIPE.

—TRACIE CHAN, *Austin*



BEET PANNA COTTA AND MEYER LEMON MOUSSE

6 SERVINGS Beets for dessert—we were skeptical too, but their sugar content and gorgeous color make for a stunning dish. See more riffs at right.

BEET PANNA COTTA

- ½ lb. red beets, peeled, cut into ½" pieces
- 2 cups heavy cream
- ½ tsp. kosher salt
- 1 tsp. unflavored powdered gelatin
- 3 Tbsp. honey
- ½ tsp. vanilla extract

MEYER LEMON MOUSSE

- 1 Tbsp. finely grated Meyer lemon zest
- ½ cup fresh Meyer lemon juice
- ½ cup (1 stick) chilled unsalted butter, cut into pieces, divided
- ½ cup sugar, divided
- 4 large egg yolks
- 1 large egg
- ½ cup chilled heavy cream

SPECIAL EQUIPMENT: Six 8-oz. glasses or ramekins

BEET PANNA COTTA Bring beets, cream, and salt to a simmer over medium heat in a medium saucepan. Cover, reduce heat, and simmer very gently until beets are tender, 25–30 minutes. Let cool slightly.

Meanwhile, combine gelatin and 2 Tbsp. cold water in a blender; let sit 5 minutes for gelatin to soften.

Transfer beets and their cooking liquid to blender; add honey and vanilla and purée until smooth. Strain through a fine-mesh sieve into a large bowl; discard solids.

Divide purée among glasses and chill until set, 3½–4 hours.

DO AHEAD: Panna cotta can be made 3 days ahead. Cover and keep chilled.

MEYER LEMON MOUSSE Bring lemon zest and juice, ¼ cup butter, and ¼ cup sugar to a simmer over medium heat in a medium saucepan, stirring to dissolve sugar. Remove from heat.

Whisk egg yolks, egg, and remaining ¼ cup sugar in a small bowl until pale and thick, about 2 minutes. Whisking constantly, slowly pour hot lemon mixture into egg mixture. Transfer back to saucepan and cook over medium-low heat, whisking constantly, until curd is thickened and whisk leaves a trail, about 5 minutes. Remove from heat and add remaining ¼ cup butter, whisking until melted and curd is smooth.

Transfer curd to a bowl and cover with plastic wrap, pressing directly onto surface. Chill until cold, at least 2 hours.

When ready to serve, whisk cream in a small bowl to soft peaks and gently fold into curd. Spoon mousse over panna cotta.

DO AHEAD: Lemon curd can be made 3 days ahead. Cover and chill.

So Weird It Works

Beet panna cotta might sound strange, but it makes sense: Sweet vegetables lend themselves to desserts, and panna cotta can serve as a blank canvas for pretty much any flavor—savory included. Meet a few more custard-friendly veg:



SWEET CORN

To intensify the corn flavor of his corn panna cotta with toasted pumpkin-spice marshmallows at The Hive in Bentonville, AR, chef Matt McClure removes the kernels, steeps the cobs in cream, and then purées the kernels and cream.



SWEET POTATOES

The sweet potato panna cotta with toasted pumpkin-spice marshmallows at Press in St. Helena, CA, is a lighter take on another classic veggie dessert: sweet potato pie.



PEAS

At Cypress Restaurant in Charleston, SC, pastry chef Andrea Upchurch plays on the Indian flavors of curried pea panna cotta with tamarind-chile purée, yogurt-cilantro cream, and roasted garlic.



PARSNIPS

"Overwintered parsnips are a perfect sweet-starchy ingredient," says Justin Walker of Earth at Hidden Pond in Kennebunkport, ME, who serves a parsnip panna cotta with pickled cranberries.