

THE NEW ALL-STARS

PERSIMMONS,
CHAYOTE
SQUASH,
LEMONGRASS...

MEET THE
INGREDIENTS
YOU'RE GOING
TO FALL FAST
IN LOVE WITH.
SLIGHTLY
EXOTIC, YES,
BUT ALSO WIDELY
AVAILABLE
AND AMAZINGLY
VERSATILE,
THEY ADD
A DELICIOUS
TWIST TO
FAMILIAR DISHES
AND A NICE
HEALTH HIT, TOO.
READY TO UP
YOUR FLAVOR
GAME?



*Recipes by GENEVIEVE KO
Photographs by RAYMOND HOM
Food styling by JAMIE KIMM*

Middle
Eastern
Tacos
**Exotic
ingredient:**
Ras el hanout
spice mix

TIP Check the spice aisle at your grocery store, order it online, or make your own: Combine 2 parts each ground coriander, cumin, cardamom, turmeric, smoked paprika, and sweet paprika with 1 part each ground allspice, cinnamon, cayenne pepper, and black pepper.





Chorizo Fried Rice

Exotic ingredient: Chorizo
Chayote squash

Serves: 4

Active time: 20 minutes

Total time: 30 minutes

- 1 cup basmati rice, rinsed well and drained
- 1 tablespoon plus 1 teaspoon extra-virgin olive oil
- 1½ pounds chayote squash (about 3), quartered, seeded, and thinly sliced crosswise
- 6 scallions, thinly sliced
- Kosher salt

- 4 ounces cured chorizo, paper casing discarded, sliced into thin half-moons
- 6 mini sweet peppers (preferably a mix of red, orange, and yellow), sliced into thin rings
- 1 cup packed fresh cilantro, finely chopped

1 Bring a large pot of water to a boil. Add rice and 1 teaspoon oil and cook, stirring occasionally, until just tender, 10 to 12 minutes. Drain, rinse under cold water until cool, and drain again. Spread onto a large rimmed baking sheet to quickly dry.

2 Heat remaining 1 tablespoon oil in a large skillet over medium-high heat. Add chayote squash,

scallions, and a generous pinch of salt. Cook, stirring occasionally, until squash is crisp-tender and scallions are soft, about 2 minutes. Transfer to a large bowl.

3 To the same skillet over medium-low heat, add chorizo. Cook, stirring occasionally, until chorizo slices gently curl and turn golden, about 4 minutes. Add peppers and cook, stirring, for 1 minute. Add cooked rice and cook, stirring, until hot, about 2 minutes. Add cilantro and the chayote mixture and stir until well mixed. Divide among bowls.

*** Nutrition score per serving:** 389 calories, 16 g fat (4.8 g saturated), 50 g carbs, 12 g protein, 5 g fiber, 485 mg sodium

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Middle Eastern Tacos

Exotic ingredient: Ras el hanout spice mix

Serves: 4

Active time: 10 minutes

Total time: 25 minutes

- 6 red radishes, trimmed and diced
- ¼ cup pitted green olives, sliced
- ¼ cup fresh mint leaves, chopped, plus whole leaves for serving
- 1 tablespoon fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon plus ½ teaspoon ras el hanout
- Kosher salt
- 1 pound ½-inch-thick lamb shoulder steaks or beef skirt steaks
- 12 6-inch corn tortillas
- Tzatziki
- Lemon wedges

1 In a medium bowl, toss together radishes, olives, mint, lemon juice, 1 tablespoon oil, ½ teaspoon ras el hanout, and salt to taste.

2 Heat a large grill pan or an outdoor grill to medium high. Rub meat with remaining 1 tablespoon oil, then with remaining 1 tablespoon ras el hanout. Generously season with salt. Grill, turning once, to desired doneness, 3 to 4 minutes per side for medium. Let rest for 5 minutes and warm tortillas on grill pan, about 1 minute per side. Thinly slice meat across the grain, removing any bones.

3 Divide meat-and-radish mixture among warm tortillas and add tzatziki. Top with mint leaves and serve with lemon wedges.

*** Nutrition score per serving:** 415 calories, 25 g fat (9.1 g saturated), 25 g carbs, 25 g protein, 4 g fiber, 503 mg sodium

Prop styling by Sarah Cove/EH Management

LEMONGRASS GIVES THIS CLASSIC SOUP FAR EASTERN FLAIR.



Creamy Butternut Squash Soup

Exotic ingredient: Lemongrass

(Find it at your grocery store or Asian markets.)

Serves: 4

Active time: 25 minutes

Total time: 1 hour

- 1 13.5-ounce can coconut milk, chilled
- ½ cup unsweetened coconut flakes
- 1 tablespoon grapeseed or canola oil
- 4 shallots, chopped
- Kosher salt

- 4 stalks lemongrass, yellow and pale green parts only, trimmed and chopped
- 1 tablespoon chopped fresh ginger
- 1 butternut squash (about 3 pounds), peeled, seeded, and chopped
- 2 cups coconut water
- 1½ cups water

1 Carefully open coconut milk and scoop the thick cream on top into a small bowl. Cover and refrigerate. Set aside remaining coconut milk.

2 In a large saucepan over medium-low heat, toast coconut flakes, stirring often, until golden, 2 to 3 minutes. Reserve on a plate.

3 Add oil to the same pan over medium heat. Add shallots, season with salt, and cook, stirring occasionally, until tender but not browned, about 5 minutes. Add lemongrass and ginger and continue to cook, stirring, until fragrant and golden, about 2 minutes. Add squash and a generous pinch of salt. Cook, stirring, for 1 minute. Add coconut water, coconut milk, and water, and stir to combine. Bring to a boil over high heat, then reduce to a simmer. Cook until squash is tender, about 30 minutes.

4 Carefully puree the soup in a blender, working in batches (or leave in pan and blend with an immersion blender until very smooth). Strain through a fine-mesh sieve and season to taste with salt.

5 Divide soup among four bowls. Whisk coconut cream until smooth and drizzle on soup. Top with toasted coconut flakes.

*** Nutrition score per serving:** 397 calories, 22 g fat (16.9 g saturated), 49 g carbs, 5 g protein, 8 g fiber, 180 mg sodium



Asian Meatball Sliders

Exotic ingredient:
Fish sauce

(Check the ethnic foods aisle.)

Serves: 4

Active time: 20 minutes

Total time: 40 minutes

- Juice and zest of 1 lime
- 2 teaspoons sugar
- 1 tablespoon plus 2 teaspoons fish sauce
- 1 small crisp sweet-tart apple (like Gala), cored and cut into matchsticks
- ¼ cup plus 1 tablespoon mayonnaise
- 1 cup tightly packed fresh basil leaves, finely chopped
- 1 pound ground turkey
- 2 garlic cloves, finely chopped
- 1 tablespoon grapeseed or canola oil
- ½ cup water
- 12 mini brioche buns or potato rolls, split
- Sriracha (optional)
- Jalapeño peppers, thinly sliced (optional)

1 In a medium bowl, stir together lime juice, sugar, and 2 teaspoons fish sauce until sugar dissolves. Add apple and toss to coat; set aside. In a small bowl, stir together mayonnaise and half the basil; set aside.

2 Using your hands, mix together turkey, garlic, remaining 1 tablespoon fish sauce, remaining basil, and lime zest in a large bowl; roll into 12 meatballs. Heat oil in a

large skillet over medium heat and cook meatballs, turning occasionally, until browned, 8 to 10 minutes.

3 Drain apple mixture and add the liquid to skillet with meatballs. Add water and bring to a boil, scraping browned bits from the skillet and turning meatballs occasionally until completely cooked through and liquid has thickened into a glaze that clings to meatballs, about 6 to 8 minutes.

4 Spread basil mayonnaise on buns, then divide meatballs and apple among them. Top with sriracha and jalapeños if desired.

***Nutrition score per serving:** 680 calories, 42 g fat (8.7 g saturated), 48 g carbs, 29 g protein, 2 g fiber, 1,088 mg sodium

TIP

Just a little fish sauce adds deep, complex, umami-packed flavor to a wide range of recipes, including marinades, vinaigrettes, soups, sautéed vegetables, and meat dishes.



MAKE THESE SLIDERS FOR AN EASY WEEKNIGHT MEAL OR A FUN AND FESTIVE PARTY APPETIZER.

IN THIS UPDATE OF A SOUTHERN STAPLE, SWEET PERSIMMONS BALANCE SAVORY SPICED PORK CHOPS.



Smothered Pork Chops

Exotic ingredient:
Persimmons

Serves: 4

Active time: 35 minutes

Total time: 35 minutes

- 1 teaspoon fennel seeds
- 2 tablespoons extra-virgin olive oil
- 4 bone-in ¾-inch-thick pork loin chops (about 1½ pounds), excess fat trimmed
- Kosher salt
- Freshly ground black pepper
- ⅛ teaspoon crushed red chile flakes
- 1 red onion, very thinly sliced
- 2 tablespoons water
- ½ cup dry white wine
- 5 small ripe but firm Fuyu persimmons (about 1½ pounds), stemmed, peeled, and cut into wedges

1 Toast fennel seeds in a large skillet over medium-low heat until fragrant and lightly browned, about 3 minutes. Transfer to a cutting board.

2 Add 1 tablespoon oil to same skillet over medium-high heat; swirl to coat pan. Generously season pork chops with salt and pepper. Add pork chops in a single layer and cook, turning once, until browned and barely pink in the center, about 6 minutes. While pork cooks, add chile flakes to fennel seeds on cutting board and chop. Transfer cooked pork to plates and immediately sprinkle with fennel-chile seasoning.

3 To the same pan over medium heat, add onion, water, and a generous pinch of salt. Cook, stirring frequently, until softened, about 5 minutes. Add ¼ cup wine and boil, stirring and scraping up the browned bits from the pan. When almost all the liquid has evaporated, spoon caramelized onion on top of pork chops.

4 Heat remaining 1 tablespoon oil in the same skillet over medium-high heat. Add persimmons, stirring occasionally, until lightly caramelized, about 2 minutes. Add remaining ¼ cup wine and cook, stirring occasionally, until almost all the liquid has evaporated. Mound persimmons on pork chops and onions.

***Nutrition score per serving:** 318 calories, 11 g fat (2.6 g saturated), 15 g carbs, 32 g protein, 1 g fiber, 183 mg sodium