

FRESH & QUICK from the Editors of **FINE COOKING**

Easy Seasonal Cooking...100+ Healthy Recipes

May 2010, Newtown, CT – On sale now, *Fresh & Quick* welcomes spring with more than 100 of *Fine Cooking*'s favorite seasonal recipes. You'll find everything from easy stir-fries and light meat dishes to colorful vegetarian mains and main dish salads. Classic strawberry shortcakes, Cobb salad, frittatas—these are just a few of the delicious, quick dishes that fill the pages of this special issue.

Features

These **Starters** (page 20) make the most of fresh vegetables—they're simple, yet pack a tasty punch. Recipes include frisée salad with oranges and pistachios; asparagus, goat cheese and bacon tart; curried carrot soup with cilantro; and grilled hoisin chicken in lettuce cups.

The vegetable-rich dishes in **Meatless Mains** (page 30) will satisfy your hunger for fast seasonal specialties. Try spring vegetable ragout with fresh pasta; Mexican black bean burgers with tomatillo and avocado salsa; or risotto with peas, mint and lemon.

Main Dish Salads (page 40) make a meal, thanks to bold flavors and hearty toppings. Recipes include spinach and artichoke salad with couscous cakes and feta; shrimp and vegetable salad with ginger-orange dressing; turkey and blue cheese salad with tarragon-mustard vinaigrette; and watercress salad with steak, sautéed shallots and stilton.

In **Fish & Shellfish** (page 54), fresh-from-the-sea mains keep it light and quick any night of the week. Try pan-seared Arctic char with olives and potatoes; lemony orzo with tuna and artichoke hearts; poached flounder with mint beurre blanc; sautéed shrimp with red pepper, carrot, and cabbage slaw; and green curry fish and green beans.

Chicken (page 64) features speedy ways to dress up a faithful dinnertime staple. Recipes include chicken breasts with tarragon and vermouth; baked chicken with mustard-fennel crust; chicken with potatoes, peas, and coconut-curry sauce; and grilled rosemary chicken with sweet-and-sour orange dipping sauce.

From quick stir-fries to company-worthy chops, **Beef, Pork & Lamb** (page 76) offers fast and fresh ways with hearty cuts of meat—herb-crusted beef with creamy mustard sauce; sautéed pork chops with balsamic onions; Korean-style marinated skirt steak; stir-fried noodles with beef and vegetables; lamb chops crusted with fennel and black pepper; and rib-eye steak and blue cheese sandwiches.





Side Dishes (page 86) brighten any meal in an instant, no matter what you're serving. Try crisp roasted parsnips; radish and parsley salad with lemon; brown-butter green beans with pine nuts; minty quinoa tabbouleh; tomato salad with feta, olives and mint; or rainbow chard with lemon, fennel, and Parmigiano.

The sweet treats in **Desserts** (page 98) come together quickly and show off the season's freshest flavors. Tasty recipes include rhubarb-raspberry galette; upside-down apricot cake; strawberries with balsamic sabayon; and gingered lemon bars.

Departments

Menus (page 7) offers ideas for multi-course meals from this special issue's recipes. **Fresh Picked** (page 10) is a cook's guide to 17 different fresh herbs, including tips and techniques for buying, storing, washing, prepping, and cooking them. **Preserving the Season** (page 14) takes three seasonal favorites – berries, basil, and tomatoes – and shows how to make them last for seasons to come. In **Frittata Your Way** (page 17), find one recipe for this quick, versatile, and delicious favorite, plus endless ways to customize it. And don't miss all of the great tips and techniques in **Test Kitchen** (page 108), including how to hull strawberries, prep broccoli for stir-fries, grill halloumi cheese, pit cherries, make pea pod broth, and more.

When the recipes in *Fresh & Quick* inspire you to leave winter behind and eat a little lighter, visit us on the web at www.finecooking.com. There, you'll find more tips, techniques, and recipes, plus help sourcing and preparing delicious seasonal favorites. You'll also find terrific apps, like RecipeMaker and MenuMaker, that help you personalize what you cook.

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