

HOW TO...

UP YOUR KITCHEN GAME

Our test kitchen pros share hacks, tips, and how-tos from the recipes in this issue to make your cooking even better.

STEP BY STEP: *Coring bell peppers*



1 Try this method for the Red Beans & Rice Stuffed Peppers on page XX: Lay the bell pepper on its side and remove the top, staying close to the stem. You can trim the pepper around the stem and chop for salads, sautés, and omelets.



2 Use a metal spoon to separate the white membrane and seeds from the inner walls and bottom of the bell pepper.



3 Remove the core and any stray seeds or membrane from the bell pepper. Arrange peppers in a baking dish until you're ready to fill and bake.

5 ways TO USE EDAMAME



Use these tender green soybeans in the Soba Salad with Edamame and Peppers on page XX, then try them in these dishes:

- > **ROASTED EDAMAME:** Toss thawed edamame with olive oil, salt, and pepper and roast at 375°F for 30–40 min., until golden and crisp. Enjoy as a crunchy, protein-packed snack.
- > **BLACK BEAN OR CORN SALSA:** Stir thawed edamame into a black bean or corn salsa for an extra pop of color.
- > **EDAMAME HUMMUS:** For an alternative to chickpea hummus, blend thawed edamame with lemon, olive oil, tahini, and spices. Find the recipe on [savoryonline.com](https://www.savoryonline.com).
- > **SALADS, SOUPS, AND RISOTTO:** Use edamame in place of frozen green peas in these dishes for the same vibrant color plus extra protein.
- > **VEGGIE BURGERS:** Sub some of the beans in your veggie burger mixture for thawed edamame.

Q & A

Q: WHAT'S THE DIFFERENCE BETWEEN DARK, BITTERSWEET, AND SEMISWEET CHOCOLATE?

A: Chocolate is traditionally made with cacao beans, sugar, cocoa butter, and milk. Dark chocolate has a higher percentage of cacao (at least 35%) compared to the other ingredients. Bittersweet and semisweet are types of dark chocolate, with semisweet containing a little more sugar. Both are ideal for baking: Try the Double-Chocolate Banana Bread on page XX or the Chocolate Lava Cakes with Raspberries on page XX.



GET TO KNOW: YOGURTS

These yogurts are made with the same ingredients (milk + active cultures) but look and taste quite different. Here's what to know when you shop:



GREEK YOGURT

This yogurt is strained to remove excess whey, giving it a thick texture and tangy flavor. It also has about three times more protein than regular yogurt.



REGULAR YOGURT

More whey gives this yogurt a thinner consistency and milder flavor than Greek yogurt. It's great for baking or as a lighter swap for mayo in salad dressings and dips.



KEFIR

Kefir is fermented just like yogurt. It typically has a pourable consistency similar to buttermilk. Use in smoothies, make a batch of overnight oats, or try the Kefir Panna Cotta on page XX.

Chicken wings 101

You'll find this game day favorite in two different forms at the store: Whole wings (used in the Game Day Wing Bar on page XX) and wing sections. Here's how the wing breaks down:



1

WING TIP: The tapered end of the wing. These are only seen on whole wings. There isn't much meat here; instead of roasting, freeze ahead for homemade chicken broth.

2

WINGETTE OR FLAT: This part of the wing has more skin than meat (great for those who love crispy skin or extra glaze). You'll also see this part labeled as 1st section wings.

3

DRUMETTE: The meatiest part of the wing. It looks like a mini drumstick and has a similar flavor. You'll also see it labeled as 2nd section wings.

Kitchen hack: DIY TACO STAND

Keep hard- and soft-shell tacos from tipping over with a DIY taco stand! Fold a long piece of foil lengthwise onto itself into a sturdy 2-inch strip. Fold the strip accordion-style crosswise. Place a taco in the center of each fold. Try this with the Crunchy Turkey Tacos with Avocado Salsa on page XX.



Kitchen hack: BUILD A BETTER SUB

Hollow out some bread from the center of each loaf half before building the Ultimate Italian Subs on page XX. The meat, cheese, and veggies will sit inside like in a canoe and won't fall out when you eat.