

photography by kate sears

10 Essential Dishes

how to master them

WW'S OWN DEVELOPERS MADE THESE CLASSIC, VERSATILE RECIPES AS EASY AND DELICIOUS AS CAN BE. AND OUR FAVORITE CHEFS, COOKBOOK AUTHORS, AND FOOD EXPERTS TELL YOU WHY THEY'RE INDISPENSIBLE. LET'S GET COOKING!

by MELANIE MANNARINO



JACQUES PÉPIN

From Poulets & Légumes, chef and author Jacques Pépin on the One Dish All Omnivores Should Know How to Make:

What makes roast chicken such a universal dish?

It's a bit like pizza: Everyone loves it. We could come up with 10,000 recipes for chicken, whether from West Africa or Turkey or Russia.

How can you get a perfect roast chicken every time?

As long as you have the proper ingredients and do it properly, it will come out well. Here's how: Roast it in a proper pan so you have the natural juices crystallizing beautifully, then deglaze with a bit of water to get a good sauce. A lot of people cover the chicken with aluminum foil after cooking, to keep it warm—but that's a ▶



Roast Chicken

RECIPE & COMMENTS BY

JACQUES PÉPIN

ONE OF THE WORLD'S MOST CELEBRATED CHEFS, PÉPIN IS ALSO A COOKBOOK AUTHOR AND TELEVISION PERSONALITY.

"I've never heard of someone who doesn't love roast chicken. People may not like red wine or cream sauce, but a plain roast chicken, people like."

SEE ALL RECIPES STARTING ON P. 101



mistake. It ends up steaming the whole chicken.

What makes your recipe so delicious?

You're roasting it at a high temperature and using the proper skillet or roast pan so it doesn't stick. At the end, I put the breast side down, uncovered—it gets the juice into the breast so it stays moist.

What would you say to a home cook who's afraid to roast a whole chicken?

I would tell that person to have a glass of wine to start with. Or really, try to learn from a friend. Arrive an hour ahead, help your friend make roast chicken, drink some wine, and learn how to cook—even if the chicken is a bit burned at the end, who cares? You have to be casual about it.

Is there any food that doesn't go well with roast chicken?

I don't think so. In terms of vegetables, you can have a roast chicken with salad, that's great. Or with potatoes or any vegetables from peas to carrots. That's one of the attractions of chicken: You can't really go wrong—whatever you serve it with will work.

Jacques Pépin



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Roasted Cauliflower & Apple Salad with Pepitas & Curry-Lime Vinaigrette

EXPERTS WEIGH IN

MARK BITTMAN

AWARD-WINNING FOOD JOURNALIST AND AUTHOR OF NUMEROUS COOKBOOKS INCLUDING HOW TO GRILL EVERYTHING

“Salad totally changes in the fall. I grill (or roast) root and long-storing vegetables and dress them assertively. Anything that comes off the grill can be tossed with greens, lemon juice, and some olive oil for a satisfying but light salad. Lettuces, cabbage, escarole, kale—all are fair game.”

RECIPE BY
JULIE HARTIGAN

ILLUSTRATION: JACQUES PÉPIN.

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Boeuf Bourguignon

EXPERTS WEIGH IN

SAMIN NOSRAT

CHEF AND JAMES BEARD AWARD-WINNING AUTHOR OF SALT, FAT, ACID, HEAT

“Braising is like the professional cook's and caterer's all-time cheat. It's good for a dinner party because you can make it in advance. Braised beef seems complicated and fancy, but is literally the easiest, and can be made a day or two in advance.”

RECIPE BY
SUSAN SPUNGEN



4

Sautéed Cod with Tomatoes and Olives

EXPERTS WEIGH IN

DORIE GREENSPAN

AWARD-WINNING FOOD JOURNALIST AND COOKBOOK AUTHOR; *EVERYDAY DORIE: THE WAY I COOK IS DUE OUT* IN OCTOBER.

“Once you know how to cook a white fish, you’ll never be stumped about what to make for dinner. Fish is nutritious, economical, and the ultimate team player. I like to make something green and leafy, say spinach, kale, or mustard greens, to serve under the fish. I’ll often make a salsa to go over it—I love a combination of mango, red pepper, jalapeño, ginger, and lime juice.”



RECIPE BY
SUSAN SPUNGEN

Cooking School
10 RECIPES TO MASTER

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Slow Cooker Pork Chili Verde

EXPERTS WEIGH IN

JULIA TURSHEN

FOOD JOURNALIST AND AUTHOR OF *NOW & AGAIN: GO-TO RECIPES, INSPIRED MENUS + ENDLESS IDEAS FOR REINVENTING LEFTOVERS*

“A recipe like this teaches you that time and patience are two of the most important ingredients. That, and I like to add a splash of vinegar at the end. I love pulled pork piled on a potato bun with plenty of pickles.”



RECIPE BY
CARRIE PURCELL



RECIPE BY
SUSAN SPUNGEN

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Chicken Stock

EXPERTS WEIGH IN

**MARTHA ROSE
SHULMAN**

NEW YORK TIMES FOOD
COLUMNIST AND JAMES BEARD
AWARD-WINNING
COOKBOOK AUTHOR

“I always try to have good stock in the freezer—it’s essential for risotto, which I make regularly. I also freeze some in ice cube trays so I can pull out small amounts for healthy stir-fries.”

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Orecchiette with Roasted Brussels Sprouts & Grapes

EXPERTS WEIGH IN

NATALIE MORALES

JOURNALIST AND AUTHOR
OF *AT HOME WITH NATALIE: SIMPLE RECIPES
FOR HEALTHY LIVING FROM
MY FAMILY'S KITCHEN TO YOURS*

“I developed a recipe called Hearty and Healthy ‘Clean Out the Fridge’ Pasta one day when I had so many vegetables that needed to be used, and some chicken sausage, and canned beans. The idea is that when everything is delicious, you can minimize the amount of pasta you need.”

RECIPE BY
CARRIE PURCELL



Layered Veggie/Grain Casserole

EXPERTS WEIGH IN

MARK BITTMAN

“The best casserole ever is paella, especially if you make it on the grill. I make one with artichokes, red peppers, and white beans that always turns heads.”

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RECIPE BY
KRIS KUREK

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Spicy Ginger Shrimp with Baby Bok Choy

EXPERTS WEIGH IN
MING TSAI

RESTAURATEUR,
COOKBOOK AUTHOR, AND
EXECUTIVE PRODUCER/HOST
OF SIMPLY MING ON PBS

“I like to call shrimp an auto-protein—I always have frozen shrimp in my freezer. That means I can make a shrimp stir-fry fast, plus it’s a one-pot dish.”

RECIPE BY
GRACE YOUNG

FOOD STYLING BY
CHRIS LANIER
PROP STYLING BY
PHILIPPA BRATHWAITE

RECIPE BY
KRIS KUREK



10

Easy & Perfect Poached Chicken

EXPERTS WEIGH IN
SAMIN NOSRAT

“Poached chicken is deeply underrated.

If you cook it right it will be so moist and delicious. I use spices to make this plain and simple thing more exciting—like adding ginger and lemongrass, or ginger and cilantro, or ginger and garlic.

Think about how you can get flavor in.”

HOW TO USE POACHED CHICKEN:

- ▶ Shred and mix with some Greek yogurt or mayo and lemon zest, lemon juice, and herbs and serve in Boston Bibb lettuce cups.
- ▶ Shred and toss with salsa and sliced avocado and put in a wrap with some crunchy shredded lettuce.
- ▶ Slice thinly on the diagonal and top with marinara, mozzarella, pecorino, and basil; microwave for a quick, easy, and lighter chicken parm.
- ▶ Shred and toss into a broth with some curry paste, matchstick-sliced vegetables, and herbs.
- ▶ Shred and toss with some pesto. Arrange on top of grilled rustic bread with some arugula for an open face sandwich.