

Cooking & Dining

July 2021

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A mouth-watering recipe you'll love to make. Join us in our test kitchen as we explore the art of meringue.



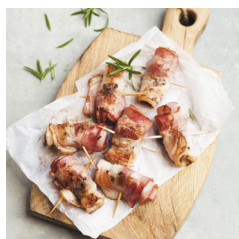
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From the Editor

My first food memory is of a peanut butter and jelly sandwich on the beach. Every morning during summers on the coast of South Carolina with my cousins, my mom would make PB&Js using the whole loaf of sliced white bread and stack them back in the plastic sleeve for a beach picnic. Occasionally, my dad would bring a tray of foil-wrapped chili dogs down to the beach “for the adults.” If this was adulting, I wanted an upgrade. By the 1990s, I got one: Dinners at the beach rental grew epic in scale, with my grandmother and aunt, dressed in their muumuus, one-upping each other with Italian spiedini or sh stew. It was a time of prodigious shing and gloppy sunscreen by day and cheap Chardonnay and aloe by night.

Those formative family vacations established my love of beach food. Everything tastes better with a view of the water, whether it’s BBQ oysters at Marshall Store on Tomales Bay in California,

platters of raw scallops at Gatto Nero in Venice, or, as I recently discovered, tacos by the white sands of Mexico’s Riviera Maya. In November at Rosewood Mayakoba on the Yucatán Peninsula, I attended Taco Academy, a three-day immersion in all things tacos and tortillas taught by resort chef Juan Pablo Loza and guest chef Enrique Olvera, chef-owner of Pujol in Mexico City. One of the simplest tacos we learned to make featured salpicón, a basic salsa, to which one can add grilled shrimp, pulled pork, or steak. It was simple and perfect—as is so much of the world’s best beach cooking.

In this special travel issue, we celebrate the vibrant cuisines of beaches around the world, from the shores of St. Croix to Vietnam, from Puerto Rico to Zanzibar. And also Rhode Island, for that state’s homely (but delicious) clam stews. After all, everything, even PB&J, tastes better at the beach. ♦♦

Hunter Lewis

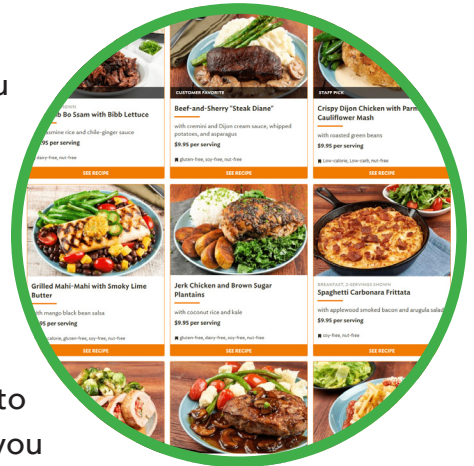
How to Make Home-Cooked Meals Work for You

A lot has been written about the slow death of home cooked meals in America. A recent survey showed that only 6 out of every 10 meals these days are cooked at home. In many people's cases, a lack of time is keeping them from cooking as often as they'd like. Other people don't cook because they simply do not know how.

The promise of home meal delivery options like Home Chef is you only get enough of your ingredients to make the meal, no extras to go bad unused. And, there's no need to buy an entire expensive jar of dried oregano if you don't know when you'll use the rest; spices are included with the meal. When you set up your account, you are offered a choice of dietary preferences that includes vegetables, meat and seafood.



Next, you can pick out items that you'd like to avoid due to preferences or allergies, and you can set preferences for low-calorie or low-carb meals if you want. Novice chefs get the benefit of instructions and photographs of what the dish should look like. And, the time-pressed will be happy to know that the meals clock in at under 30 minutes of preparation.



You can learn more or purchase by visiting www.homechef.com and registering for an account. Choose the day of the week you want meals to arrive, the number of people you are serving, and how many meals you'd like per week. Shipping is free on orders over \$40 and \$10 for smaller orders. It takes a week for your first meal to be delivered. You can skip a week or cancel at any time. Enjoy cooking at home again!



Pancakes

Revisiting old favorites and discovering new ones on a journey through the world of pancakes

For most Americans, the word “pancake” conjures a stack of fluffy, hot-off-the-griddle flapjacks, with a pat of butter slowly melting beneath a rivulet of maple syrup.

But over time, pancakes have become a canvas for gourmet and home chefs alike to experiment with different flavor combinations. While there are surely millions of other options across the world, we’ve narrowed it down to a few sensational stacks.

No matter which way you lean, you can’t go wrong with any of our flavorful favorites.



Berry-topped Stack

Classic cream pancakes topped with fresh mixed berries



Strawberry Almond Stack

Hearty pancakes drizzled with caramel and topped with strawberries and almonds



S'more Cream Stack

Chocolate pancakes topped with chocolate, whipped cream, and marshmallows



Apple Hazelnut Stack

Buckwheat pancakes topped with Greek yogurt, apples, and hazelnuts

A hand is shown spreading a red sauce onto a pizza base on a wooden peel. In the background, several white bowls contain various toppings: sliced tomatoes, sliced cucumbers, sliced mushrooms, and a red sauce. The scene is set on a light-colored countertop.

The History of

By Alexander Lee in History Today Vol 68 Issue 7 July 2018

People have been eating pizza, in one form or another, for centuries. As far back as antiquity, pieces of flatbread, topped with savouries, served as a simple and tasty meal for those who could not afford plates, or who were on the go.

But it was in late 18th-century Naples that the pizza as we now know it came into being. The abject poor in Naples were known as *lazzaroni*, because their ragged appearance resembled that of Lazarus. Always rushing about in search of work, they needed food that was cheap and easy to eat. Pizzas met this need. Sold not in shops, but by street vendors carrying huge boxes under their arms, they would be cut to meet the customer's budget or appetite. None of them were terribly complicated. The simplest were topped with nothing more than garlic, lard and salt.

For a long time, pizzas were scorned by food writers. Associated with the crushing poverty of the *lazzaroni*, they were frequently denigrated as 'disgusting', especially by foreign visitors. When the first cookbooks appeared in the late 19th century, they pointedly ignored pizza.

All that changed after Italian unification. While on a visit to Naples in 1889, King Umberto I and Queen Margherita grew tired of the complicated French dishes they were served for breakfast, lunch and dinner. Hastily summoned to prepare some local specialities for the queen, the pizzaiolo Raffaele Esposito cooked three sorts of pizza. The queen was delighted. Her favourite – with tomatoes, mozzarella and basil – was christened *pizza margherita* in her honour.

This signalled an important shift. Margherita's seal of approval not only elevated the pizza to being something a royal family could enjoy, but also transformed pizza from a local into a truly national dish. It introduced the notion that pizza was a genuinely Italian food.

But it was in America that pizza found its second home. In 1905, the first pizzeria – Lombardi's – was opened in New York City. Soon, pizza became an American institution. Spreading across the country in step with the growing pace of urbanisation, it was quickly taken up by enterprising restaurateurs (who were often not from an Italian background) and adapted to reflect local tastes, identities and needs.

From the 1950s onwards, the rapid pace of economic and technological change in the US transformed the pizza even more radically. Two changes are worthy of note. The first was the 'domestication' of pizza. As disposable incomes grew, fridges and freezers became increasingly common and demand for 'convenience' foods grew – prompting the development of the frozen pizza. The second change was the 'commercialisation' of pizza. With the growing availability of cars and motorcycles, it became possible to deliver freshly cooked

food to customers' doors – and pizza was among the first dishes to be served up. Now there is scarcely a city in the world where they cannot be found.

Today's pizzas are far removed from those of the *lazzaroni*; and many pizza purists – especially in Naples – balk at some of the more outlandish toppings that are now on offer. But pizza is still recognisable as pizza and centuries of social, economic and technological change are baked into every slice.



Pizza





The Perfect *Picnic*

Amazing ideas for an
unforgettable picnic

The Breakfast Picnic

Who doesn't love breakfast? Fortunately for picnic-goers, breakfast can also be wonderfully transportable. Grab your favorite bagels and spreads, some coffee, and a blanket, and you've got a great brunch ready to go.

Breakfast sandwiches or tacos are another highly portable and delicious option. Not a coffee drinker? Tea or juice would be great as well.

Finding a great spot to enjoy the warm morning sunshine is the last ingredient.



The Light, Bright Picnic

Not in the mood for a lot of complex flavors? This light and bright picnic is a wonderful option for someone wanting to have a light and airy meal while enjoying the benefit of nature. Grab some light croissants, berries, and brie, and you've got yourself a satisfyingly simple picnic.

Even better? It can be perfect for breakfast, lunch, or dinner, so you can enjoy it any time of day.



Salad, Bread, & Fruit

With the thousands of salad recipes you can find currently, the possibilities for this picnic are endless. Simply toss together your favorite salad ingredients, bottle up some dressing, and grab some wonderful bread to accompany it.

Need a little more sustenance with that green? Add some cheese and fruit to the menu to fill it out.

Sandwiches, Fruit, & Nuts

As one of the most traditional picnic foods in history, sandwiches are an amazing option for any picnic. And because of the endless variety of sandwiches, you can enjoy your favorites any time.

Not wanting to bring greasy chips into the fold? Grab some nuts and fruit as wonderful accompaniments to that sandwich. It's all so customizable, you can truly enjoy your picnic.





Veggies and Dips

Cut up some fresh veggies and combine them with some flavorful dips, and you've got a great picnic spread. You can also add some crackers and fruit to round out the meal. These picnic friendly foods are a great healthier option for anyone to enjoy. Just throw in some snack plates for serving, and you're ready to go!



Fruit and Wine Feast

The beautiful flavors of fruit, cheese, and wine can awaken anyone's interest in a picnic. Great for an afternoon snack or light meal, this one is an easy pick. Grab some seasonal fruit, pair it with a fantastic cheese and complementary wine, and you've got the makings of a wonderful picnic experience.

Crackers and Spreads

Flavorful gourmet crackers combined with mouth-watering spreads make an amazing picnic meal. Add some of your favorite fruits and cheeses, and it's even more divine. The best part is easy transport- just put the spreads in sealed containers, bring the crackers in their packaging, and have a nice serving plate. You're all set!



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- Cooking Demonstrations
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The Perfect Meringue

Strawberry Meringues

Yield: 60 Servings

Prep Time: 20 minutes

Cook Time: 1 hour 30 minutes

Additional Time: 2 hours

Total Time: 3 hours 50 minutes

Ingredients

- 4 large egg whites, room temperature
- 1 Tablespoon white vinegar
- 1 Tablespoon cornstarch
- 1 cup granulated sugar
- 3 Tablespoons strawberry JELL-O gelatin powder

Instructions

1. Preheat oven to 200°F. Line two baking sheets with parchment paper. Set aside.
2. In a clean, dry mixing bowl, whisk egg whites with electric mixer until foamy (about 30 seconds).
3. Add in vinegar and cornstarch and continue to beat for about a minute, as soft peaks begin to form.
4. Slowly add in sugar while mixer is on high, and continue beating while adding in gelatin powder. Beat until stiff peaks form (about 4 minutes).
5. Fill pastry bags with meringue and pipe onto the parchment paper in swirls (using your favorite tip).
6. Place in oven and bake for 90 minutes. Turn oven off and leave in oven for several hours (or overnight. I prefer to make these in the evening and leave them in until morning. Enjoy!

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