

POPULAR PLATES

PRESENTS



# COMFORT FOOD

EASY RECIPES FROM AMERICA'S GREAT CHEFS WINTER 2010

## 89 EASY RECIPES FROM 74 GREAT CHEFS

EIGHT GREAT **MAC 'N' CHEESE** RECIPES

EASY **PIZZA**

MIX & MATCH **GRILLED CHEESE**

BACON-WRAPPED **MEATLOAF**

THOMAS KELLER'S **BUTTERMILK FRIED CHICKEN**

A SOURCE INTERLINK MEDIA PUBLICATION

\$8.99 US / \$9.99 CAN



DISPLAY UNTIL 2/17/11



### WITH RECIPES FROM

Lidia Bastianich  
Michelle Bernstein  
Emeril Lagasse

Laurent Tourondel  
Cat Cora  
Paul Prudhomme

Thomas Keller  
Kerry Simon  
Aarón Sánchez  
Ming Tsai  
Sandra Lee

Charlie Palmer  
Bradley Ogden  
John Besh  
Ingrid Hoffmann  
The Neelys

Paula Deen  
Courteney Cox  
Cindy Paulcyn  
Nancy Silverton  
Tom Colicchio

### Plus! **TOP CHEF STARS**

Rick Bayless  
Nils Norén  
Brian Malarkey  
Art Smith  
Carla Hall  
Michael Chiarello  
Lachlan Patterson  
Maria Hines  
Rick Tramonto  
Michael Schlow

## Rick Bayless's **BACON AVOCADO MANGO SALAD**

### The Dish

"Everyone has seen me wear the 'Bacon Is Meat Candy' T-shirt on my TV show, but it is more than just a T-shirt slogan to me. It's a way of life," says Rick Bayless. "Whenever I am stuck on what to do in a particular recipe, I always think, 'WWBD?'" In this case, bacon would make an already good salad far, far better.

### BACON AVOCADO MANGO SALAD

SERVES 4

4 slices bacon

1/2 cup untoasted pumpkin seeds, hulled

1/3 cup fresh lime juice

1/3 cup vegetable or olive oil

2 garlic cloves, peeled

Fresh hot green chile to taste, stemmed (optional;

Rick likes 1 large serrano or 1 small jalapeño)

1 tablespoon honey

Salt

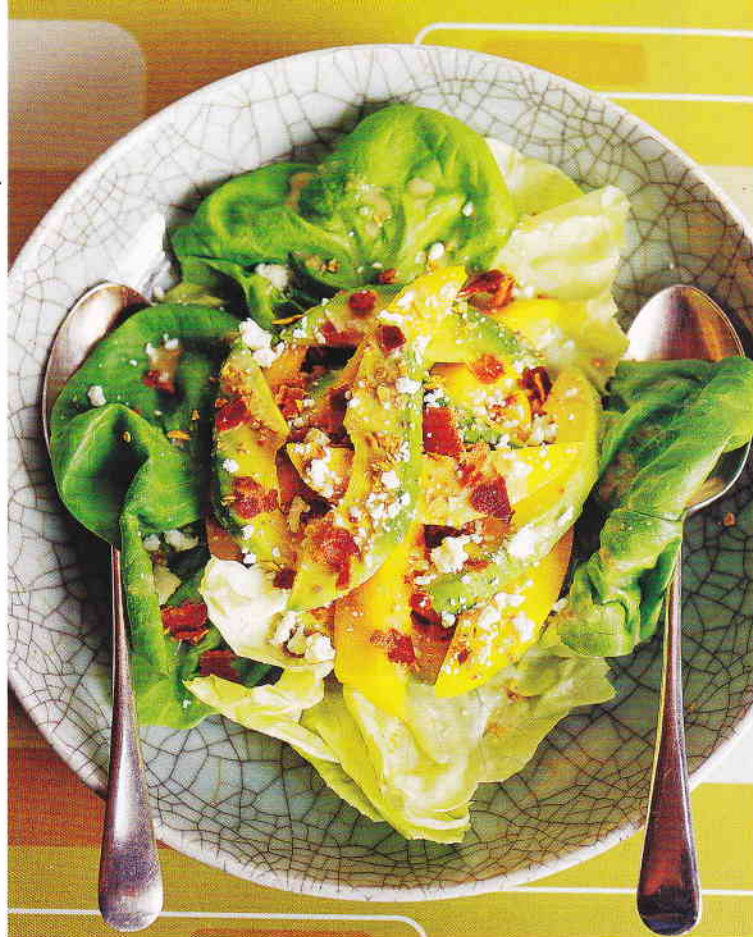
1 large head Boston/butterhead lettuce (or an equivalent amount of bibb lettuce), leaves separated

2 large ripe avocados

2 ripe mangos

A generous 1/2 cup coarsely crumbled Mexican queso fresco or mild blue cheese (Gorgonzola is great)

1. Arrange the bacon slices between a double layer of paper towels on a microwavable plate. Microwave on high for 2 1/2 to 3 1/2 minutes, until crispy.
2. Pour the pumpkin seeds into a small skillet and set over medium heat. When the first one pops, stir constantly until all have popped from flat to round, about 5 minutes. Scoop about 1/3 of them into a blender or food processor and add the lime juice. Pour the remainder into a small dish.
3. Return the skillet to medium heat and measure in the oil. Add the garlic and optional chile. Cook, stirring regularly, until the garlic is soft and lightly browned, about 5 minutes. Scrape the oil, garlic, and chile into the blender or food processor. Add the honey and 1/2 teaspoon salt. Process until smooth. Taste the dressing and season it with more salt if you think necessary (it should be highly seasoned).
4. Divide the lettuce between four dinner plates. Pit and peel the avocado, then cut it into slices. Peel the mango, then cut



This recipe is excerpted from the *Bacon Freak Cookbook* by Rocco "Boss Hog" Loosbrock, published by Bacon-Freak.com, \$7.95, paperback (or \$2.95 for downloadable PDF), 56 pages, [www.baconcookbook.com](http://www.baconcookbook.com).

the flesh from the pit. Slice to match the avocado pieces. Arrange the avocado and mango in the center of the lettuce. Drizzle everything with the dressing, then sprinkle with the cheese and toasted pumpkin seeds. Crumble the bacon and strew it over the top.

### The Chef

Chicago-based chef, author, and restaurateur Rick Bayless specializes in Mexican cooking and stars in the PBS show *Mexico—One Plate at a Time*, plus he was the winner on the first season of Bravo's *Top Chef Masters*. Rick opened his first restaurant, the casual Frontera Grill, in 1987, and it won the 2007 James Beard Foundation award for Outstanding Restaurant. His second restaurant, Topolobampo (opened in '89), serves fine-dining Mexican cuisine. The Oklahoma native majored in Spanish and Latin American studies in college then did doctoral work in anthropological linguistics at the University of Michigan before moving to Mexico, where he wrote his first cookbook, *Authentic Mexican: Regional Cooking From the Heart of Mexico*.