bonappétit





WILD AND WILDER

FROM P. 56 Puffing rice, wild or otherwise, is as easy as popping corn. Heat a thin layer of neutral oil in a large heavy pot. Once hot, add rice and stir to coat. (No need to cover; this isn't a Jiffy Pop situation.) When the grains burst open to reveal the light brown inside, they're done. -ALISON ROMAN



EGG-CELLENT RESULTS,

FROM P. 95 Carbonara should never be assembled over heat—unless you like scrambled eggs in your spaghetti. But do make sure your pasta is as hot as possible when adding it to the egg mixture, which will help the sauce thicken. Follow these steps to luscious, creamy carbonara nirvana. —A.R.

1. Whisk together yolks and lemon zest in a bowl large enough to hold all the pasta. Don't do this too far in advance or the volks can dry out.

2. Add just-cooked pasta to the skillet with the pancetta fat along with 1/2 cup pasta cooking liquid. Scrape up any bits, then add all that to the bowl. 3. Using tongs, aggressively toss pasta until the sauce goes from watery to thick and glossy; add more pasta cooking liquid as needed.

THE TONIC PANTRY

FROM P. 34

Stock up on these essentials to get started on your own well-being concoctions. -BELLE CUSHING



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CLOVE LOVE

FROM P. 70 The best part of our new favorite quiche (in addition to the rich egg filling and flaky crust) is the tender caramelized garlic that studs the filling. It's nutty. It's craveable. Really, it makes the dish-as well as other dishes where a hit of soft, garlicky magic would come in handy (pizza comes to mind). Here's how we sweeten the deal. -DAWN PERRY

- 1. Soften Blanching the garlic cloves in water helps soften them, and also mellows their sharp flavor.
- 2. Brown A sauté in a little olive oil encourages the now-tender garlic cloves to brown, adding a layer of nutty flavor without any bitterness.
- 3. Caramelize Simmering in balsamic vinegar infuses the garlic cloves with a deep sweet-sour flavor; finishing with a reduction of maple syrup and thyme enrobes them in a rich, flavorful glaze.