

spooky halloween tricks and treats

FOOD

everyday

A MARTHA STEWART MAGAZINE



cooking comfort

HEALTHY FAMILY DINNERS *p.80*

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Plus MIX-AND-MATCH LASAGNA RECIPES *p.98*

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BITES

BAKING BASIC flour power

Coating a pan with butter and flour helps cakes release cleanly. It's an essential step when baking in a tube pan so that cakes don't stick to the center tube. Try this technique to ensure that you have it covered: Use a pastry brush to spread soft butter inside the pan—up sides and around tube. Spoon in enough flour to dust sides and tube, letting excess fall to the bottom. Turn pan on its side and tap and rotate until flour is evenly distributed, then flip pan upside down to remove excess. Now you're ready to make the cake on page 110.



MUST-HAVE dutch oven

A Dutch oven is the original slow cooker: The cast-iron distributes heat evenly, and the tight-fitting lid traps in flavor and moisture. It's perfect for making braises and stews (see page 66). Dutch ovens are worth the investment—a quality one can last a lifetime. The 5.5-quart enameled one above, from the Martha Stewart Collection, is available at Macy's and macys.com for \$100.

EDF LOVES almondina biscuits

Upgrade your coffee break with deliciously healthy biscotti-like snacks. Flavors such as ginger, cinnamon, and pumpkin are perfect for fall. A 4-piece serving tops out at 140 calories, so go ahead and pair the biscuits with a little fresh goat cheese or mild blue cheese.

ALMONDINA BISCUITS (4-OUNCE BAG), \$3.49, almondina.com



MORE EVENTS Choose from more than 30 pumpkin beers at the Elysian Brewing Company's **Great Pumpkin Beer Festival**, October 16 and 17, in Seattle. Brewers flavor the ale with pumpkin and spices like nutmeg, ginger, and clove. elysianbrewing.com