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HOW TO MAKE
CLASSIC CORNBREAD

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THANKSGIVING

GREAT PUMPKIN CAKE!
The season's iconic squash
in 8 delicious recipes



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*New ideas for broccoli, pears,
sweet potatoes, apples & more*

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Brown Butter Pumpkin
Layer Cake, page 80

MAKE IT TONIGHT

**Slow-cooker
pulled pork**

TECHNIQUE

Trimming hanger steak

When shopping for hanger steak to make the Moroccan-Spiced Roasted Hanger Steak with Carrots and Warm Lentil Salad on page 72, you'll find it either whole or already trimmed. A whole hanger steak is vaguely heart-shaped, with the two halves connected by a line of gristle, which should be removed. You can ask the butcher to do this, or trim it yourself, as shown at right. Use a swiping motion with your boning knife to separate the meat from both sides of the gristle, which runs the entire length of the steak. Once trimmed, the steak will be separated into two long, slender steaks. —J.A.



INGREDIENT

Farro

Cultivated in Italy for centuries, farro (FAHR-ro) is an ancient variety of wheat. Also known as emmer, it has a high protein and fiber content and a nutty, chewy texture that's great in grain salads like the Roasted Broccoli and Farro Salad with Feta on page 47. It's also delicious in soups, stuffings, and pilafs. Farro (*triticum dicoccum*) is often confused with spelt (*triticum spelta*), but they're different species of wheat.

Like common wheat, farro is available in various forms. It's ground into flour, which can be used to make pasta, baked goods, and even roux. It's also cracked, like bulgur. Or you can buy the grains whole, semi-pearled, or pearled, all of which are options for the farro salad.

Semi-pearled and pearled farro cook faster than whole-grain farro (30 minutes versus 60 minutes), but the trade-off is decreased nutritional content. Pearling removes the inedible hull that surrounds the grain, but the process also scours off part (semi-pearled) or all (pearled) of the nutritious germ and bran. Whole-grain farro is hulled using a gentler process that leaves the germ and bran intact. Store pearled farro in the freezer for up to six months after opening; whole-grain farro will keep in a cupboard almost indefinitely. —J.A.

