

A Meal Doesn't Need to be
Showoffy to be Uncommonly Good

tasty

Get Great Food on
the Table Every Day

"This is a book filled with wonderful
information and recipes that every
cook should know."

— Ina Garten, author of the
Barefoot Contessa Cookbooks

"...quick yet delicious recipes.
A definite keeper."

— Thomas Keller, chef-
owner of the French Laundry

ROY FINAMORE

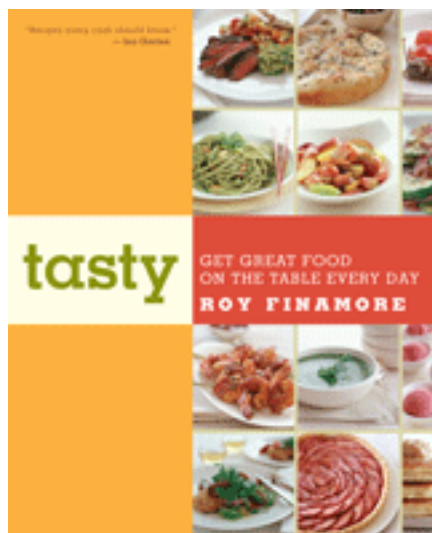


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Houghton Mifflin Company

Press Release



Tasty: Get Great Food on the Table Every Day

by Roy Finamore

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About the Book

Tasty (Houghton Mifflin Company, April 2006) by Roy Finamore is an intimate all-purpose cookbook by an opinionated cook. His answer to people who say they're too busy to make dinner? Baloney.

The editor of the best-selling culinary icons Martha Stewart and Ina Garten (the *Barefoot Contessa*), as well as such noted food authorities as Diana Kennedy and Anne Willan, Roy Finamore knows food. He began cooking as a young boy, learning from his Italian grandmother. He's helped many chefs streamline their recipes for the home cook and earned a reputation as a stylish simplifier.

In *Tasty*, Roy shares the things he's learned in more than a decade spent at the top of the food world. The 250 unpretentious recipes show the influence of French and Italian traditions and are accompanied by tips and techniques that reflect his abundant experience in the kitchen. It is filled with familiar dishes that have an exiting a fresh take. He encourages cooks to trust themselves and the kitchen and to be sure to use all of their senses when cooking.

Roy writes in his introduction that good simple food is meant to be shared and enjoyed. That's easy to do with recipes like

- Buttermilk Pancakes with Hazelnut Butter — Unbelievably light and fluffy: breakfast with minimum effort.

- Chicken Milanese — Crunchy breaded chicken under a mountain of tart salad.
- Chinois Noodles — Asian inspired and equally good warm or cold.
- Skillet-roasted Char — No-fuss method results in silky-smooth fish with buttery, crunchy skin.
- Smothered Steaks — A lip-smacking good recipe made with an inexpensive cut of meat.
- Chocolate Whipped Cream Cake — The ultimate Yankee Doodle: whip cream, add eggs and a few dry ingredients, and you've got cake!

Tasty proves that a meal doesn't need to be fussy to be memorable. Dive into this book and discover a wealth of good cooking. *Tasty*, indeed, but much, much more.

About the Author

Roy Finamore has been an editor of cookbooks and lifestyle books for more than twenty years. Among the authors he has published to acclaim are Martha Stewart, Ina Garten, Tom Colicchio, Diana Kennedy, Anne Willan, Gale Gand, and Lee Bailey. A freelance editor, he is also a cookbook collaborator and a food and prop stylist. Roy is the coauthor of *One Potato, Two Potato*. He lives in New York City. Visit him at www.tastycentral.com.

Roy's Opinions

Frozen Peas:

They belong in every freezer, preferably in bags. They're the best of all frozen vegetables, and you can use the bag as an ice pack in an emergency. The ones left over when you don't use the entire bag should go into a zippered plastic bag.

Anchovies:

Just because you don't want anchovies on your pizza doesn't mean you shouldn't cook with them. One or two anchovy fillets are going to add depth to what you're cooking, a little bit of richness.

Rosemary:

Strip the needles from the woody stems, and be thorough when you chop the needles. No one wants a big bit of rosemary stuck in his teeth.

Vinegar:

Vinegar's not only for making dressings and sauces. A little hit of sour can brighten something bland. So think about adding a shot of it when you might add a squeeze of lemon, when the dish you're cooking tastes a little flat. Good vinegar needn't be expensive, and it shouldn't be so puckeringly sour that it turns your face into a prune when you taste it.

Dill:

Chop it with a knife. Life's too short to be snipping dill with scissors. And if you find dill with flower heads, snap it up and make yourself some Dilly Beans.

White Wine and Dry Vermouth:

If you're going to be pouring yourself a glass of white wine to sip on while you cook, go right ahead and use that wine for cooking. Otherwise, I don't much see the point of opening a bottle of wine if all I'm going to use is a few tablespoons. That's when I turn to dry vermouth. This fortified wine keeps for weeks in the refrigerator, and I like the herby, woody accents it adds to food. Besides, even the best vermouth will be less expensive than decent white wine.

Garlic:

The garlic I really love is the kind with the woody stems. It has great flavor, and it also has nice fat cloves. So when I call for a garlic clove, it means a garlic clove that looks like something — not, I'm sorry to say, like those puny things that too many grocery stores sell. Try to buy it from a farmer who grows it.

chicken milanese SERVES 4

Crunchy breaded chicken hidden under a mountain of tart salad is just the kind of thing I want to eat on a warm summer night. Perhaps you agree.

These don't take long to make, but if you have some extra time, make extra chicken breasts so you'll have them in the refrigerator for sandwiches.

If you don't have summer tomatoes, skip the tomatoes altogether. You want flavor.

The photo is on page 278.

FOR THE CHICKEN

2 whole boneless, skinless chicken breasts (about 2 pounds)

Coarse salt and freshly ground black pepper

$\frac{3}{4}$ cup all-purpose flour

2 large eggs

$\frac{1}{3}$ cup freshly grated Pecorino

$\frac{1}{4}$ cup milk

About $1\frac{1}{2}$ cups dried bread crumbs

Olive oil, for frying

FOR THE SALAD

4 big handfuls arugula

2 ripe summer tomatoes, cored and cut into wedges

1 small red onion, sliced thin

$\frac{1}{4}$ cup extra-virgin olive oil

Coarse salt and freshly ground black pepper

2 tablespoons balsamic vinegar, or to taste

FOR THE CHICKEN

Cut the breasts into halves, and trim away any cartilage or visible fat. Lay the chicken pieces out on plastic wrap, cover with another sheet of plastic, and pound to about $\frac{1}{3}$ inch thick. If you don't have a classic meat pounder, use a rolling pin.

Season the chicken with salt and pepper. Set out three shallow bowls. Put the flour in one; beat the eggs in the second, then beat in the Pecorino and milk; and put the bread crumbs in the third. Dredge the chicken pieces in the flour and pat them, so you have just a thin dusting of flour. Then dip in the egg wash and dangle the chicken over the bowl to let the excess drip off. Finally, coat the chicken in the crumbs, pressing well to get a good coating. As you finish breading, put the chicken on a rack. You can prep the chicken this far a few hours in advance. Set the rack on a baking sheet, cover loosely with wax paper, and refrigerate.

Set a large skillet over medium-high heat and fill with about $\frac{1}{3}$ inch oil. Heat until the oil is shimmering. Fry the chicken 2 pieces at a time—no crowding—until golden brown on each side, and drain on another rack set over a baking sheet.

FOR THE SALAD

Rip the arugula into pieces and drop them into a mixing bowl. Add the tomatoes and onion and spoon on the extra-virgin olive oil; season with salt and pepper. Toss to get the salad coated with oil. Spoon on the vinegar and toss again. Taste a bit of the arugula and add more vinegar if you want.

To serve, put a chicken cutlet in the center of each dinner plate and top with a big heap of salad.

variations

The classic preparation is with a veal chop. You could substitute veal cutlets or pork chops—with or without bones—for the chicken.

chicken milanese (page 118)



chocolate whipped cream cake MAKES ONE 8-INCH LAYER CAKE

Imagine the best Yankee Doodle possible. Imagine one of the easiest cakes possible. No creaming butter and sugar: just whip cream, add eggs and the dry ingredients, and you've got cake!

The photo is on page 414.

- 1¹/₄ cups cake flour
- 1¹/₃ cup Dutch-processed cocoa
- 2 teaspoons baking soda
- 1¹/₄ teaspoon salt
- 2 cups heavy cream
- 1¹/₂ teaspoon instant espresso powder
- 2 large eggs
- 1 cup sugar
- 2 tablespoons honey
- 1 teaspoon vanilla extract

Heat the oven to 375 degrees. Butter two 8-inch round cake pans and line the bottoms with parchment.

Whisk the flour, cocoa, baking soda, and salt in a small bowl.

Pour 1 cup of the cream into a mixing bowl, add the espresso powder, and beat to stiff peaks with an electric mixer. Beat in the eggs one at a time. Beat in the sugar and honey. Whisk in the dry ingredients until just combined and smooth. Stir in the vanilla.

Divide the batter between the baking pans, and give the pans a rap on the counter to release any air bubbles. Bake the cakes for 20 to 25 minutes, until a cake tester comes out with just a crumb or two.

Let the cakes cool in the pans on racks for 10 minutes or so; they'll fall a little (don't worry about it). Then turn the cakes out of the pans, peel off the parchment, and let cool completely on the racks.

Whip the remaining 1 cup cream to stiff peaks. Put one of the cake layers on a serving plate. Spread with half the whipped cream. Top with the other layer and the rest of the whipped cream. Refrigerate until you're ready to serve the cake. I think this cake is best eaten within a day.

Note: If you've got some cherries preserved in brandy hanging around, spoon some of the brandy over the cake before you spread on the whipped cream, and top each layer with some of the cherries.



chocolate whipped cream cake
(page 436)