

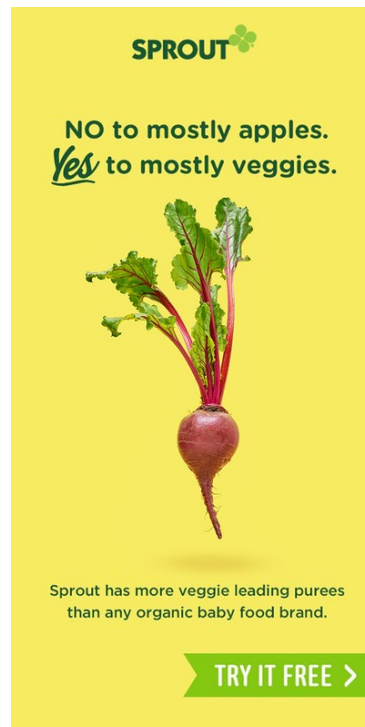
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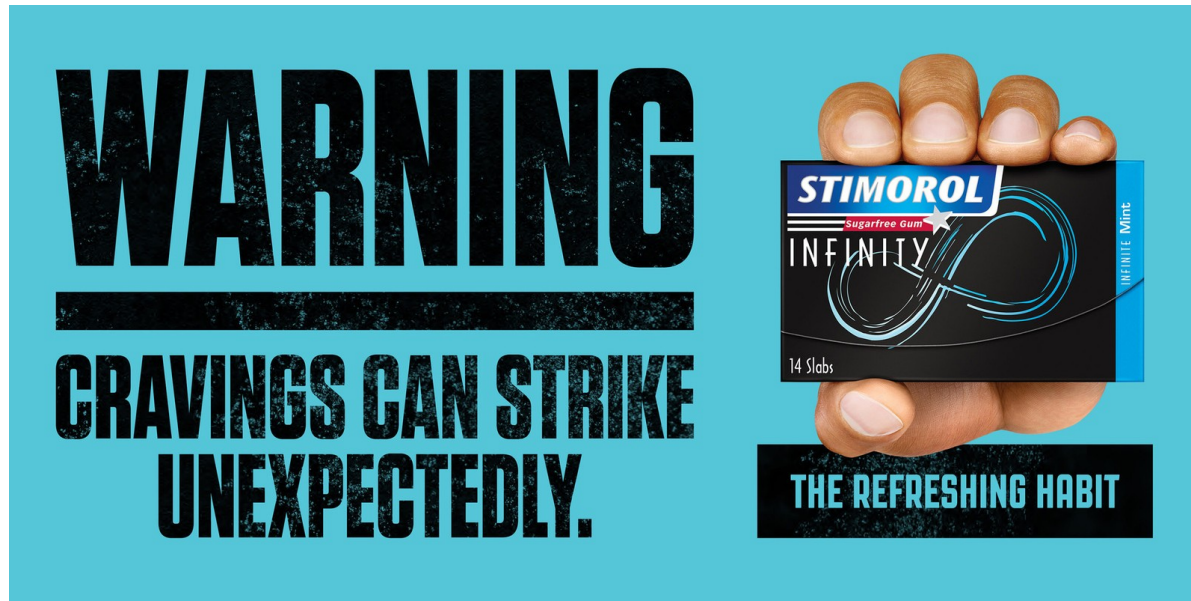
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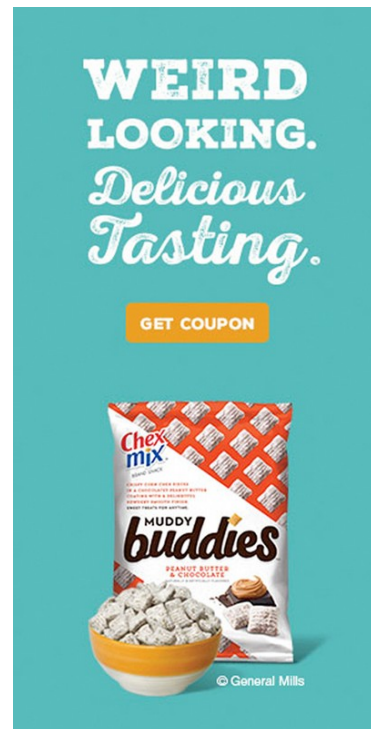
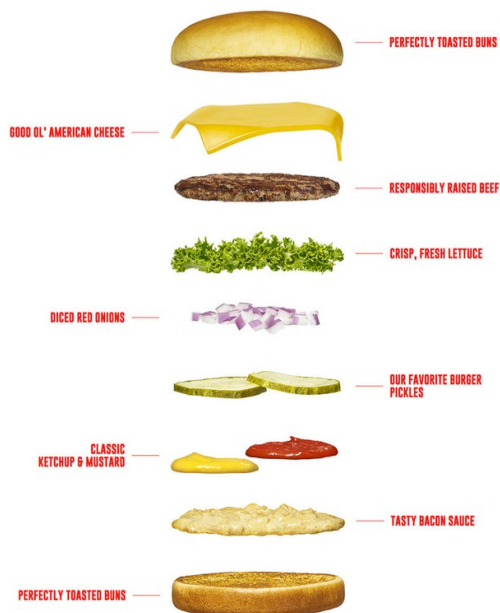
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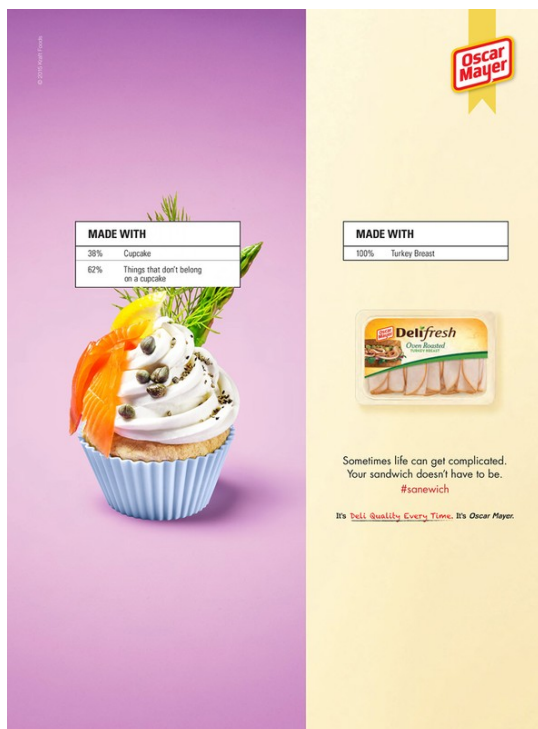
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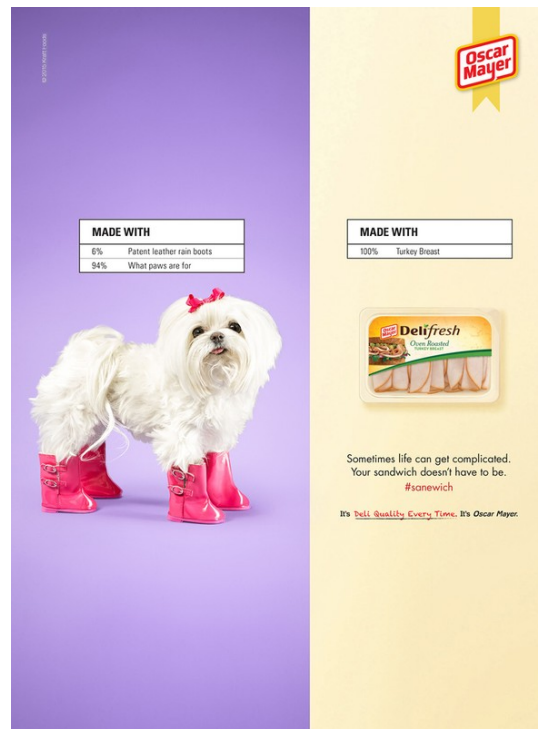
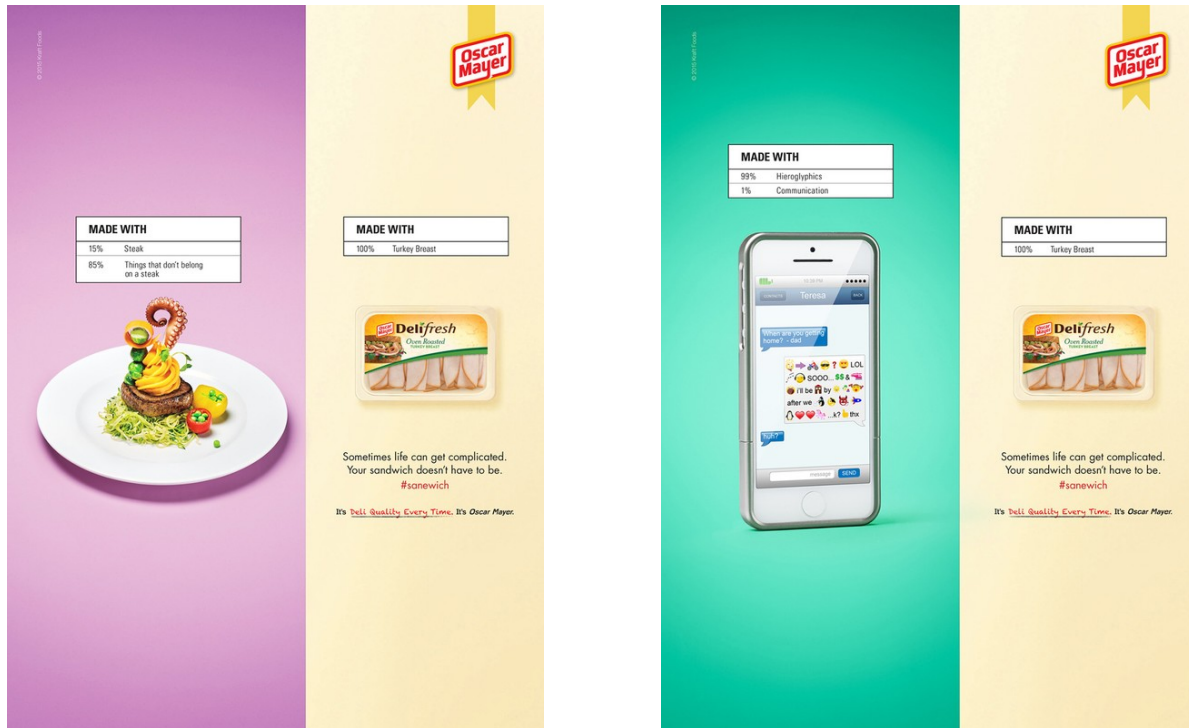
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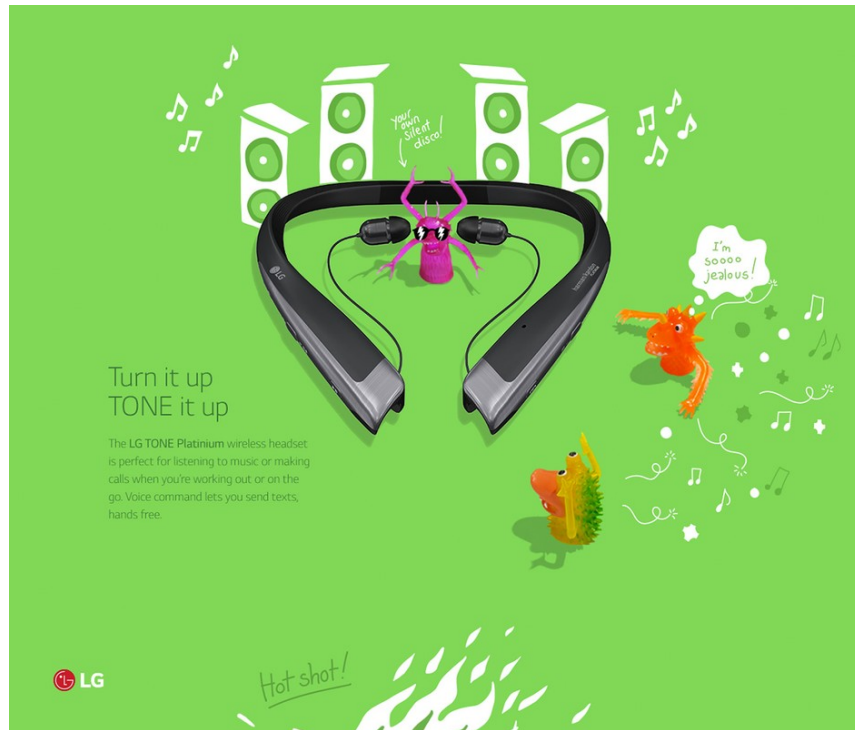
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Your little ones will do cartwheels for these posh little pinwheels. These strawberry-stuffed treats will leave them smiling and you feeling oh-so-savvy.

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Cinnamon Raisin Bread + Strawberry Jam + Brie Cheese + Chocolate Chips

Wrap in parchment paper. Grill in a panini press. Indulge.

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Bread + Avocado + Goat Cheese



AMERICAN BAROQUE

Mozzarella + Pepperoni slices + Black Olives + Mushrooms



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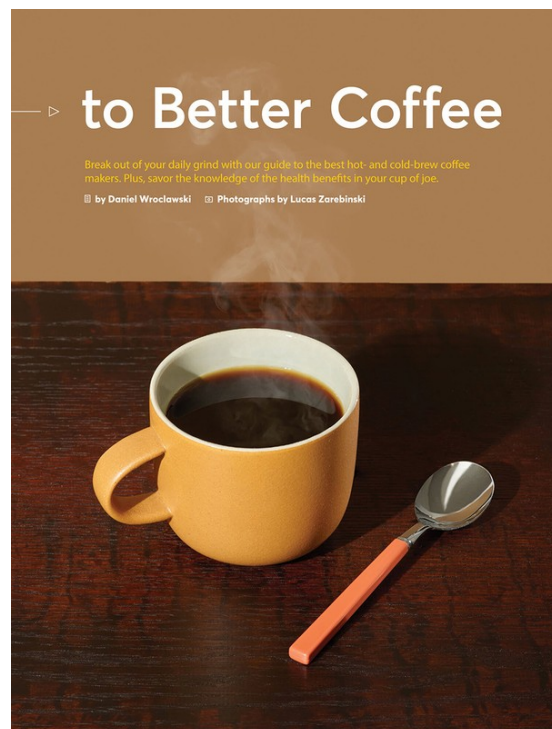
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Why Cold Brew Is So Hot

Percolating at coffee shops for the past few years, the cold-brew coffee trend is still going strong. One in 5 Americans drinks cold-brew coffee regularly or occasionally, the National Coffee Association reports.

Cold brew—*not* to be confused with hot-brewed iced coffee—refers to a cold or room-temperature brewing method done over a 12- to 24-hour period. It produces a more concentrated drink that's less bitter than standard hot coffee. When ready, you can add cold water, pour it over ice, or mix it with hot water for a stronger warm beverage instead.

A few products dedicated to cold brewing are sold as being simpler to use so you can enjoy a batch at home. To see whether they deliver, CR conducted its first-ever tests of nine cold-brew coffee makers, manual and automatic models. Manuals let time do the brewing, and often look like a French press or large pitcher with a filter and a drain plug. Automatic machines plug in and use various methods, such as continuously circulating water through the grounds, to speed up the process.

The speediest model we tested, the **Gourmia SCH4500 Coffee Maker** (\$40, with an Overall Score of 50), takes just about 5 minutes vs. the 12- to 24-hour brewing time required by manual models. But our testers found it didn't yield a satisfying brew. "Some automatics give similar results to slower manual ones but aren't as easy to clean due to their many parts," says Ginny Lui, CR's test engineer for coffee makers. The best model we tested is the easy-to-clean **Primula Burke Cold Brew Coffee Maker PBPK-5101** for \$30. It's also the only model in our ratings that calls for a full 24-hour brew time. The results are worth the wait.

Coffee's Healthy Whole-Body Benefits

"The most important thing we've learned about coffee over the past 20 years is that there's very little indication that it's bad for you," says Edward Giovannucci, M.D., a professor of epidemiology and nutrition at the Harvard T.H. Chan School of Public Health. "If anything, there's more evidence that it may be healthy to drink."

The benefits are probably due to anti-inflammatories and antioxidants found naturally in coffee polyphenols (such as chlorogenic and quinic acids) and diterpenes (such as cafestol and kahweol). It's likely that many of coffee's health perks extend to decaf, too, because with decaf, only the caffeine, not these other compounds, is removed.

Studies have found that coffee has a positive effect on the risk of a variety of conditions and diseases, including brain health and weight control. But not all of the benefits have the same strength of evidence behind them. (See the table at right.) Of course, adding loads of cream and sugar to your coffee may offset some of the benefits you get from it.

In general, people can safely consume up to 400 mg of caffeine per day, the amount in two to four 8-ounce cups of coffee. For some, too much coffee irritates the stomach, causes anxiety or the jitters, disrupts sleep, and increases the frequency of heart palpitations. Three or more cups per day appears to trigger migraines in people prone to them. And pregnant women, people who are at risk of osteoporosis, and those taking certain drugs (including some antibiotics, antidepressants, and antipsychotics) should limit their intake of caffeinated coffee.

—Jennifer Cook



Coffee Claims — Edward Giovannucci, M.D., of the Harvard T.H. Chan School of Public Health weighs in on where the current research is solid and where more investigation is needed.

STRONGEST EVIDENCE	MODERATE EVIDENCE	SOME EVIDENCE	LIMITED EVIDENCE
<p>Lowers the risk of:</p> <ul style="list-style-type: none"> • Endometrial cancer • Gallstones • Nonalcoholic fatty liver disease, liver fibrosis, cirrhosis, and liver cancer • Oral cancers • Type 2 diabetes 	<p>Lowers the risk of:</p> <ul style="list-style-type: none"> • Colorectal cancer • Coronary heart disease, heart failure, and stroke • Melanoma and non-melanoma skin cancers • Parkinson's disease • Respiratory disease <p>Improves:</p> <ul style="list-style-type: none"> • Alertness, concentration, focus, and energy levels • Mood 	<p>Lowers the risk of:</p> <ul style="list-style-type: none"> • Age-related cognitive decline and Alzheimer's disease • Breast cancer • Depression • Pancreatic cancer • Prostate cancer <p>Increases:</p> <ul style="list-style-type: none"> • The variety of healthy bacteria in the gut 	<p>Lowers the risk of:</p> <ul style="list-style-type: none"> • Falls by the elderly, possibly due to caffeine increasing alertness or reaction time • Weight gain

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What's Really in Your Meat?

Banned drugs have been detected in beef, poultry, and pork. How did they get there? What's known about the risks? And what can be done to keep these drugs off our plates?

by Rachel Rabkin Peachman

"THESE RESULTS ARE CREDIBLE ENOUGH THAT YOU WOULD EXPECT THE GOVERNMENT TO TAKE THE WARNING SIGNS SERIOUSLY."

—James E. Rogers, Ph.D., microbiologist and director of food safety research and testing at Consumer Reports

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Remove the possibility of error.
Creating a burger patty that tastes freshly grilled and cooks consistently in one of the most notoriously inconsistent cooking devices is nearly impossible. "Microwaves beat the crap out of food," says Warren Schwartz, Munchery's head of L.A. culinary operations. After a month of experimenting, sous-vide training in New York City, and about 80 burger patties, Schwartz hit the first goal: Flash-grill the meat for authentic taste and char, steam it in the oven, and then vacuum-seal it for its final cook in the microwave. But the burger still wasn't consistent. So Schwartz deconstructed the process and discovered that every step along the way needed to be strictly controlled for temperature.

Keep it simple.
As Schwartz's team started experimenting in an industrial microwave and a low-end consumer model, they quickly learned that the vacuum-sealed burger packages tended to do a very consumer-unfriendly thing: blow up. They first considered asking customers to use only 50 percent power. Then someone came up with a much simpler idea: Affix a sticker that directs the customer to poke a hole in the box before cooking. "Sometimes you just have to ask yourself, 'What did [frozen meals brand] Marie Callender's say on the box?'" Schwartz says.

Put yourself in the customer's kitchen.
At first, 10 people in Munchery's kitchen would take home the final dish, stash it in their fridge for six hours, prepare it the way a customer would, and then write up a review. But, explains Schwartz, chefs don't take kindly to peer evaluations. "If you smash a chef, they'll stop being creative," Schwartz says. So initial feedback tended to be sugarcoated. Now, Schwartz directs the chefs to prepare their own recipes at home. This way, the chefs themselves identify all the problems they need to fix—with their egos intact.

THE CHEESE
Munchery's chefs debated using gouda or a blue cheese, but California Cheddar won out for its mass appeal.

THE PATTY
Preparation begins two days before the burger ships to the customer and involves a grill, a steam oven, and several ice baths. While performed patties cost less, they also produce a dense texture akin to fast food's. So Munchery hand-forms each eight-ounce patty of Niman Ranch meat to preserve its juiciness.

THE BUN
Bread practically turns to stone in the microwave, especially the lean, artisanal breads Munchery initially tried. But a brioche bun, which has a higher fat content, still tastes bakery-fresh.

FOOD STYLING: ALI NARDI

RACH'S BURGER of the MONTH

Bacon Queso Burgers
MAKES 4

“Cheeseburgers get the Texas treatment with spicy beef patties, poblano queso, bacon bits and a big pile of corn chips!”

QUESO SAUCE
2 tbsp. chili powder, preferably Goshardt
Kosher salt and pepper
1 tbsp. corn oil
6 burger or slider rolls, or 12 slider rolls

TOPPINGS
Chopped romaine or iceberg lettuce, diced seeded tomatoes, chopped white onion, corn chips (preferably Pintos) or corn tortilla chips (preferably Quesitos) and pickled jalapeño rings

Working over a gas burner or under the broiler, char the poblanos, turning often, until blackened all over. Transfer to a bowl. Cover, let cool 15 minutes. Peel, seed and chop the poblanos.

Preheat the oven to 375°F.

In a small saucepan, melt the butter over medium, about 20 minutes, then chop.

In a medium bowl, combine the skillet, onion, Worcestershire and chili powder; season with kosher salt and pepper. Stir in the cornstarch. Add the milk and cook, stirring often, until it comes to a bubble. Add the cream cheese; stir until it melts and the sauce thickens, about 1 minute. Add the cheese; stir until smooth, about 2 minutes. Stir in the mustard and poblanos; remove from the heat. Just before serving, reheat the queso over medium, stirring occasionally, until melted.

Arrange the bacon on a slotted broiler pan or a parchment-lined rimmed baking sheet. Bake until browned and crispy, about 20 minutes, then chop.

In a medium bowl, combine the skillet, onion, Worcestershire and chili powder; season with kosher salt and pepper. Form into 6 burger patties or 12 slider patties (thinner in the centers for even cooking).

Heat a cast-iron skillet or griddle pan over medium-high. Add the canola oil, one turn of the pan. Add the patties and cook, turning occasionally, 7 to 8 minutes for burgers or 2 to 3 minutes for sliders.

Top the bun bottoms with lettuce, tomato and chopped onion. Add the patties, chips, queso sauce, bacon bits, jalapeño rings and bun tops.

BURGERS
12 slices smoky bacon
1/2 lbs. ground sirloin
3 tbsp. grated onion
2 tbsp. Worcestershire sauce

Queso Sauce
2 poblano chiles
2 tbsp. butter
2 shallots, finely chopped
2 cloves garlic, finely chopped
Salt and pepper
1 tbsp. cornstarch
1 1/2 cups whole milk
2 oz. (8 tbsp.) cream cheese, cut into small pieces, at room temperature
1 cup shredded smoked cheddar or smoked Gouda
1 cup shredded sharp yellow cheddar
1 rounded tbsp. yellow mustard, preferably French's

Burgers
12 slices smoky bacon
1/2 lbs. ground sirloin
3 tbsp. grated onion
2 tbsp. Worcestershire sauce

RACH'S BURGER of the MONTH

BLD Burgers
MAKES 4

“These sausage-spiked burgers are great for breakfast, lunch or dinner. Open wide!”

BLD Burgers
MAKES 4

8 slices meaty bacon
1 stick butter, at room temperature
1 large shallot, finely chopped
1/2 cup (a small handful) cilantro or parsley tops, finely chopped
2 tbsp. chives, finely chopped
2 cloves garlic, grated
Salt
4 sandwich-size English muffins (like Thomas')
1 lb. ground 80-percent-lean sirloin
1 tbsp. Worcestershire sauce
Black pepper
1/2 lb. bulk spicy pork breakfast sausage

4 slices sharp white cheddar (like Oscar's XXX, or more adamscheese.com) or sharp white American cheese (like Cooper)

1/2 cup ketchup
2 tbsp. chipotle hot sauce, such as chipotle Tabasco

4 eggs
Preheat the oven to 375°F.

Arrange the bacon on a slotted broiler pan or a metal rack inserted into a rimmed baking sheet; bake until crispy, about 18 minutes.

In a small bowl, mix the butter, shallot, cilantro, chives and garlic; season the herb butter with salt.

Heat a large nonstick skillet or cast-iron griddle over medium-high. Spread the cut sides of the English muffins with the herb butter. Add to the skillet, buttered side down, and cook until deeply golden and crispy, about 5 minutes.

In a medium bowl, mix the beef with the Worcestershire and season with salt and pepper. Add the sausage; mix to combine. Form into 4 patties that are thinner in the centers for even cooking and a bit larger than the English muffins to allow for shrinkage when the patties are cooked. Cook, turning occasionally, until cooked through, 8 to 10 minutes. During the last 30 seconds of cooking, top the patties with the cheese and tent with foil to melt. Transfer the patties to a plate.

In a small bowl, mix the ketchup and hot sauce.

Heat the same skillet over medium. Crack the eggs; fry until cooked to over-easy or over-medium, 3 to 4 minutes.

Top the English muffin bottoms with the patties, bacon, eggs, spicy ketchup and English muffin tops.

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RACH'S BURGER of the MONTH

"Smoky, spicy, fully loaded Mexican hot dogs inspired this beefy masterpiece. Olé!"

Chipotle Burgers with Chips, Pico & Avocado Crema
MAKES 4

NEEDS: 1/2 CUP AVOCADO CREAM

1 1/2 lbs. 80-percent lean ground beef
3 tbsp. chipotle hot sauce (like chipotle Tabasco) or 1/2 cup pureed canned chipotle chiles in adobo
3 tbsp. grated yellow onion
2 cloves garlic, grated or finely chopped
1/2 small red onion, finely chopped
2 tomatoes on the vine or 3 plum tomatoes, seeded and chopped
1/2 small red onion, finely chopped

1/2 cup fresh cilantro (a small handful), finely chopped
1 large jalapeño chile, finely chopped
1 lime, juiced (about 2 tbsp.)
1/2 cup cayenne
1 ripe Hass avocado, halved and pitted
1/2 cup Mexican crema or sour cream
1/2 tsp. ground cumin
4 deli-cut slices pepper jack
4 burger rolls, split and toasted
Tortilla chips (like Que Pasa)

Preheat a large cast-iron or other heavy skillet over medium-high.
In a medium bowl, combine the beef, chipotle hot sauce, grated yellow onion and two-thirds of the grated garlic; season with kosher salt and pepper. Form 4 large patties (thinner in the centers for even cooking). Drizzle with the oil.
In another bowl, mix the tomatoes, chopped red onion, cilantro, jalapeño, half the lime juice, the cayenne and the remaining grated garlic; season the pico de gallo with salt.

Scoop the avocado into a food processor; add the crema, cumin and remaining lime juice. Pulse, then season the avocado crema with salt.
Add the patties to the skillet; cook, turning occasionally, about 8 minutes. Top with the cheese during the last minute of cooking and tent with foil to melt.
Tip the roll bottoms with the patties, a few chips, pico de gallo, avocado crema and the roll tops.

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Photographs by LUCAS ZAREBINSKI Lettering by JOEL HOLLAND

RACH'S BURGER of the MONTH

"Move over, burgers, this month we celebrate a really delicious hot mess—a Texan take on sloppy joes!"

Texan Pulled-Beef Chili Sloppy Joes
MAKES 5

THE COFFEE CONNECTION
PAUSE 10

5 dried chiles, mild to moderate heat level, such as guajillo, ancho, pasilla, New Mexican anillo or mulita
1 container (32 oz.) beef stock (6 cups)
2 tbsp. olive or vegetable oil
2 1/2-lb. beef chuck roast (about 1 1/2 inches thick)
Salt and pepper
1 large or 2 medium onions, chopped
6 cloves garlic, sliced or chopped
1 tbsp. (a scant pinchful) ground coriander
1 tbsp. (a scant pinchful) ground cumin
2 tsp. instant espresso powder
1 tsp. dried Mexican oregano
1/2 tsp. ground allspice

1 bottle (12 oz.) light beer (I used Corona)
1 rounded tbsp. light or dark brown sugar
1 tbsp. cayenne red pepper sauce, preferably Frank's RedHot
1 tbsp. Worcestershire sauce
1 can (15 to 16.5 oz.) kidney beans, rinsed
2 soft white sandwich or hamburger rolls, toasted
Sliced bread-and-butter pickles and chopped raw white onion, for topping

Stem and seed the chiles; transfer to a large saucepan. Add the stock; bring to a low rolling boil over medium. Cook until the chiles soften and the stock is infused, 30 to 45 minutes. Working in

hatches, puree chiles and stock in a food processor to make the chile sauce.
Position a rack in the center of the oven; preheat to 325°.
In a large Dutch oven, heat the oil over medium-high. Season the beef with salt and pepper. When the oil smokes, add the beef and cook until well browned, about 4 minutes per side; transfer to a plate. Add the onion, garlic, coriander, cumin, espresso powder, oregano and allspice to the pot; season and stir until the onions soften, just a few minutes. Add the beer and cook, stirring occasionally, until the liquid is reduced by about one-third, 8 to 10 minutes. Add the chile sauce, brown sugar, red pepper sauce and Worcestershire. Add the beef to the pot; cover and transfer to the oven. Cook until the meat is very tender, about 2 1/2 hours.
Place the pot on the stovetop; transfer the beef to a plate. Skim the fat from the juices in the pot. Using two forks, shred the meat and return to the pot. Mix in the beans; season, and cook until heated through, a minute or two. Divide the beef mixture among the roll bottoms, then top with some pickles, chopped onion and the roll tops.

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Photography by LUCAS ZAREBINSKI Lettering by JOEL HOLLAND

The Golf Life Equipment by Mike Stachura

PING GADGETS TO ASSIST 7-CLUB
A 50-gram weight inside the 17-inch grip shifts the overall balance point toward the hands to smooth out your strikes.
PRICE \$220

Hang Loose
New putters to help you navigate the ban on anchoring

TITLEIST/COTTI CAMERON FUTURA 77M DUAL BALANCE
Fifty extra grams in the head are balanced to 65 extra grams in the grip. The bar in the back adds stability, and the aluminum face and sole improve feel.
PRICE \$400

ODYSSEY WOMEN'S TANK CRUISER "V" LINE
Not sure how much counterbalancing you need? Adjustable weights for the head and grip let you match the weight to your stroke.
PRICE \$250

BIOMECH ADJUSTABLE ACE
You can't brace the putter against the body, but you can guide it with your forearm. The forward lean and upright angle of the extra-long shaft promotes a straighter stroke.
PRICE \$280

TAYLORMADE OR CB SARTENA
The oversize hollow head is filled with foam with extra weight in the heel and toe for twice the stability of a typical putter. The oversize grip is heavier, too.
PRICE \$250

NIKE METEOR COUSINET 85-15 COUNTERBALANCE
Nike says golfers need the counterbalanced weight in different places, so it made the 78-gram weight in the 15-inch grip adjustable.
PRICE \$230

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Style

Rock The Boat

Classic mariner stripes get an edgy update with lines that are better all askew, as seen on Harry Styles, Drake and A\$AP Rocky.

BY TIMOTHY ARNOLD
 PHOTOGRAPHED BY LUCAS ZAKRINEK

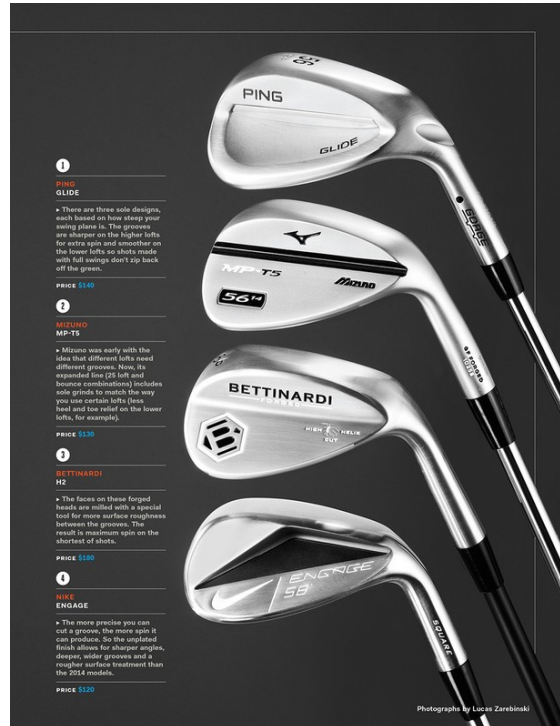
ARAB ROCKY
 The rapper poses
 in a black and white
 striped shirt and
 a black jacket
 in his London
 home

JOHNNY LINN
 The 30-year-old
 frontman of
 the band
 The Black Crowes
 poses in a black
 and white striped
 shirt and a black
 jacket in his
 home in Los Angeles



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SALT SHAKE-UP

NO NEED TO SWEAT ABOUT SODIUM IF YOU'RE HEALTHY AND FIT. HERE'S WHY YOU SHOULD TAKE ALL THAT EXPERT ADVICE ABOUT CUTTING BACK YOUR INTAKE WITH, WELL, A GRAIN OF SALT.

BY SALLY KUZEMCHAK, R.D. PHOTOGRAPHS BY LUCAS ZAREBINSKI

Eat Right

SUM PICKINGS

THE SKINNY ON... ICE CREAM TRUCK TREATS

If your mouth waters every time you hear that sweet melody in the distance, don't despair. Many ice cream cones, bars, and sandwiches can be part of a healthy diet, says Angela Lemond, R.D.N., a Plano, TX-based dietitian and spokesperson for the Academy of Nutrition and Dietetics. "Look at the big picture and decide how your choice fits into the rest of your day." For example, while higher in calories than ice pops, some dairy-containing varieties may offer a small dose of calcium and vitamin D. Since most menus don't display any nutrition info, we gathered vital stats on six popular picks—so you can chill out without filling out. —MALLORY CREVELING



DRUMSTICK
290 calories,
16g fat,
20g sugar



BOMB POP
40 calories,
0g fat,
7g sugar

FUDGICLE
40 calories,
1g fat,
2g sugar

STRAWBERRY
SHORTCAKE
230 calories,
10g fat,
15g sugar

ICE CREAM
SANDWICH
140 calories,
5g fat,
15g sugar

CREAMICLE
100 calories, 2g fat,
13g sugar

Eat Right

SUMMER SLIM-DOWN

Lunch

AIM FOR 430 TO 470 CALORIES

GOURMET

Thai Peanut Soba Noodles

2 ounces cooked and cooled soba noodles

tossed with 3 tablespoons **Thai peanut**

sauce, 10 precooked small **cocktail shrimp**,

1/2 cup thinly sliced **red bell pepper**, 1/2 cup

sliced **English cucumber**, and **cilantro** to

taste; squeeze a lime wedge over the top

(440 CALORIES)

GLUTEN-FREE

California Chicken Salad

4 ounces shredded roasted **chicken breast**

mixed with 1 finely sliced **dried apricot**,

1 tablespoon plain nonfat **Greek yogurt**,

2 tablespoons **low-fat mayonnaise**, 1 teaspoon

cider vinegar, 1 tablespoon chopped **walnuts**,

a pinch **sea salt**, and fresh **tarragon** to taste;

1 **celery stalk** and 10 **rice crackers** on the side

to scoop up the salad

(490 CALORIES)

VEGETARIAN

Mediterranean Plate

1 large **whole-grain pita** alongside 1 cup

cherry tomatoes, 6 **Kalamata olives**,

1 ounce cubed **feta**, and 1/2 cup **hummus**

(430 CALORIES)

ON-THE-GO

Applebee's Black Bean Soup

paired with a **Caesar salad**

(470 CALORIES)

Snack

AIM FOR 150 TO 160 CALORIES

GOURMET

Artichoke Heart

and **Pistachio Salad**

2 cups **mesclun greens**

tossed with 1/2 cup **artichoke**

hearts and 1/2 cup **roasted**

pistachios; drizzle

with 1 1/2 tablespoons

raspberry vinaigrette

(145 CALORIES)

GLUTEN-FREE

Edamame

1/2 cup lightly salted,

dry-roasted **edamame**

(150 CALORIES)

VEGETARIAN

Carrots and Hummus

3 tablespoons **spicy**

yellow lentil hummus

with 8 baby **carrots**

(160 CALORIES)

ON-THE-GO

Panda Express

Veggie Spring Roll

(160 CALORIES)

Edamame

100 SHARE MAY 2015 SHARE.COM

Lucas Zarebinski

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Art Department

eat/healthy-food awards

Pour It On

If you're going to drink your calories, make them count with good-for-you juices that taste great (we found eight!).
By Lauren Cardarelli
Photographs by Lucas Zarebinski

You don't have to be on a cleanse to drink juice. The right ones make it easy to get vitamins and minerals while on the run and without going over your calorie budget. That's where we come in. With the help of our nutritionists, we reviewed nearly 70 new products, singling out those that contained 120 or fewer calories and 28 or fewer grams of sugar per eight ounces. Then we sipped each one to determine the best tasting of the bunch. The result: Eight healthy juices worth raising a glass to.

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eat/healthy-food awards

Tropicana Red Orange
This sweet-sour blend of red and orange juice has a "can't-keep-it-in-a-bottle" quality. It's a tropical sensation in a bottle. Then this mix of coconut water and pomegranate juice is for you. It's packed with potassium, which becomes depleted when you work out. (90 calories)

Pure Coconut
Looking for a sports drink that tastes like a tropical sensation in a bottle? Then this mix of coconut water and pomegranate juice is for you. It's packed with potassium, which becomes depleted when you work out. (90 calories)

Cheribundi Tart Cherry Lemonade Refresh
Cardi Lemonade with tart cherry juice—which has been shown to help muscles recover faster after a tough workout—and you get "old-fashioned deliciousness with a science-backed boost." (80 calories)

Minute Maid Pure Squeezed Light Orange No Pulp Juice Beverage
It usually tastes downy (I mean, I drink it post-workout), but this light orange juice is just light enough, taste- and calorie-wise, to be one better declared. (50 calories)

Evolution Fresh Raspberry Watermelon
Having a bottle of this cold-pressed juice—made with no exposure to nutrient-zapping heat—has to look forward to helped one staffer "power through a grueling workout session. It's that refreshing." (80 calories)

Tropicana Fernetand Peach Mango
It's an extra serving of both fruit and veggies with this blend of both worlds and pick. Peach and mango juices give it a "smoothie-like" consistency, while carrot and sweet potato juice fulfill half of your daily vitamin A needs. (120 calories)

V8 Original 100% Vegetable Juice Hint of Lime
Even sordid of tomato juice lead this "zesty, fresh-from-the-garden" sign on the classic. Despite delivering two grams of fiber, it has a texture that's surprisingly thirst-quenching, not thick. (50 calories)

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The Goods

STYLE TRUNK SHOW

This summer, dive into some bold, printed swimwear.
BY MELI CHOY BLACK

PHOTOGRAPH BY LUCAS ZAREBINSKI

STYLE

CAT EYES

The hottest shades of summer put a modern twist on this retro shape.
BY MELI CHOY BLACK

Clockwise from top: Bestie acetate sunglasses, \$220; Saverio \$600 in faux tortoiseshell sunglasses, \$185; San Fels Avenue, 2014; Michigan Ave. Plastic sunglasses, \$225; Guci \$900 in Michigan Ave. Viceroy acetate sunglasses, \$295; Saki Film Avenue Acetate sunglasses, \$435; Bottega Veneta, \$600 in Michigan Ave. Linda Farrow for the Row acetate and leather sunglasses, \$445; Berman, \$22. Guc 22.

PHOTOGRAPH BY LUCAS ZAREBINSKI

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THE BEST LIST **FLATTEN YOUR BELLY**

It's Squeezin' Season!

EXOTIC CITRUS IS AT ITS PEAK, SO NOW'S THE TIME TO FLAVOR FOOD THE LEAN WAY
BY PAUL KITA



Tangerine
TAKES LIKE Tropical orange
EAT IT Juiced and added to a marinade of soy sauce, garlic, ginger, sugar, and lemon oil. Chopped and used as a topping for chicken stir-fry. Sliced (see our instructions on this page) and tossed into a beef and red onion salad.

Yuzu
TAKES LIKE A combination of lemon and lime with a hint of aromatic tangerine.
EAT IT Mixed with rice vinegar and soy to make a fast dipping sauce for dumplings. Sprinkled on seared scallops. Chopped on a citrus-saffron avocado half.

Pomelo
TAKES LIKE A mild, sweet version of a grapefruit.
EAT IT Squeezed on grilled or broiled salmon. Chopped and added to rice noodles, along with apricots and almonds, for an easy side-dish, a topping for shrimp-past salad.

Key lime
TAKES LIKE A more tart, bitter kind of lime.
EAT IT Juiced and stirred with fish sauce, vegetable oil, sriracha, and a dash of sugar to dress a salad. Mashed, squeezed, and then dropped into a gin and tonic.

Blood orange
TAKES LIKE Citrus that's been infused with red berries.
EAT IT Sliced and scattered with chopped red onion, green olives, salt, pepper and good olive oil. Or a topping for fish bones along with some shredded cabbage. Juiced and added to a shrimp salad for a hit of acid.

Tend a lemon preserve
Use preserved lemons to boost dressings, cocktails, and roasted chicken, say Melissa Hamblin and Christopher Heilmann, authors of *Cheaf-Peas Cooks Every Day*.

The best way to cut citrus
Make short work of slicing fruit by mastering this simple technique:

1. Lay off the top and bottom of the fruit to expose the flesh. Put it on a cutting board, cut side down for stability.
2. Use the tip of a sharp knife to cut away the rind, following the curve of the fruit.
3. Slice through the fruit horizontally to reveal citrus slices.

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THE BEST LIST **HAUTE CHOCOLATE**

EDITED BY PAUL KITA

1 HEALTH BOOSTER
Vogues
La Parisienne
Couture Cacao
The chocolate bar is made from 70 percent cocoa, which is a good source of antioxidants. It's also made with organic ingredients and is free of artificial flavors and preservatives. At \$2.99, it's a great value for a high-quality chocolate bar.

2 MIDNIGHT
Choco Chocolate
Hot Chocolate
If you're a fan of French chocolate, you'll love this. It's a rich, dark chocolate with a hint of vanilla. It's made with 70 percent cocoa and is free of artificial flavors and preservatives. At \$2.99, it's a great value for a high-quality chocolate bar.

3 HEART WARMER
Williams-Sonoma
Papillon Hot Chocolate
This hot chocolate is made with 70 percent cocoa and is free of artificial flavors and preservatives. It's also made with organic ingredients and is free of artificial flavors and preservatives. At \$2.99, it's a great value for a high-quality chocolate bar.

4 EARTH SAVOR
Line Chocolat
Organic Fair Trade Hot Chocolate
This hot chocolate is made with 70 percent cocoa and is free of artificial flavors and preservatives. It's also made with organic ingredients and is free of artificial flavors and preservatives. At \$2.99, it's a great value for a high-quality chocolate bar.

5 FIRE STARTER
Wicked
Hot Chocolate
This hot chocolate is made with 70 percent cocoa and is free of artificial flavors and preservatives. It's also made with organic ingredients and is free of artificial flavors and preservatives. At \$2.99, it's a great value for a high-quality chocolate bar.

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THE BEST LIST **SHORT-ORDER COOK**

Asian Pork Burger

CREAMY COCONUT AND SPICY CHILIES GIVE DEPTH TO THIS FAST, ONE-POT MEAL



PER SERVING
440 calories
21 grams (g) protein
45 grams (g) carbohydrates
15 grams (g) fat
100 milligrams (mg) sodium

12 MINUTES

1/2 English cucumber, thinly sliced
1 cup raw white vinegar
1 tsp salt (see our instructions on this page) for seasoning the cucumbers)

2 garlic cloves, minced
1 tsp minced ginger
2 scallions, thinly sliced
4 tbsp hoisin sauce
2 tbsp mayonnaise
1 tbsp Sriracha
4 sesame seed hamburger buns, lightly toasted

MINUTE 0-3
Preheat a grill or grill pan over medium heat. Combine the cucumber, vinegar, and a few pinches of salt in a bowl and set aside.

MINUTE 4-9
In a large mixing bowl, combine the pork, garlic, ginger, scallions and salt. Gently shape the meat into 4 oval patties, pressing your thumb gently into the center of each to create a small crater.

MINUTE 10-12
Grill the burgers until nicely browned on the outside and firm to the touch, about 5 minutes per side. Combine the mayonnaise and sriracha and spread onto the bottom bun. Spread the top bun with the hoisin. Top each burger with a small pile of cucumbers. Makes 4 servings.

PICKLE YOURSELF
You don't have to sterilize jars or vacuum-seal lids to make your own delicious pickles. Instead, use the quick-pickle method from this recipe, using the same ingredient amounts.

Vegetable	Vinegar	Seasoning	Uses
Asparagus, sliced	Rice wine vinegar	2 Tbsp soy sauce	As a topping for fish and chicken or beef.
Carrots, cut into matchsticks	Cider vinegar	1 pinch crushed red pepper flakes + a dash of salt	Along with beans and rice.
Cabbage, shredded	White vinegar	2 garlic cloves, crushed + a dash of salt	Break a salad (pink meatballs, string beans, etc.).

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THE BEST LIST **SHORT-ORDER COOK**

Thai Chicken Curry

CREAMY COCONUT AND SPICY CHILIES GIVE DEPTH TO THIS FAST, ONE-POT MEAL



PER SERVING
440 calories
21 grams (g) protein
45 grams (g) carbohydrates
15 grams (g) fat
100 milligrams (mg) sodium

25 MINUTES

1 Tbsp peanut oil
2 garlic cloves, minced
2 Tbsp fresh minced ginger
1 large onion, sliced
1 Tbsp red Thai curry paste
1 cup chicken stock
1 cup light coconut milk
1 large sweet potato, peeled and cut up
1/2 green beans, trimmed
1 lb boneless skinless chicken breast, sliced
1 Tbsp fish sauce
1 Tbsp Sriracha
1/2 cup fresh cilantro, basil, for garnish

MINUTE 0-3
Prep Seasoning Base
In a large saucepan, heat the oil on medium. Add the garlic, ginger, and onion and sauté until soft, about 5 minutes. Add the curry paste and onion, stirring, for 1 minute. Stir in the chicken stock and coconut milk.

MINUTE 4-23
Simmer the Curry
Bring the mixture to a simmer, add the sweet potato and cook for 10 minutes. Stir in the green beans and chicken. Cook the mixture until the vegetables are just tender and the chicken is cooked through, about 5 minutes more.

MINUTE 24-25
Finish the Dish
Add the lime juice and fish sauce if you're using it. Serve the curry over steamed brown rice and garnish with cilantro or basil if you like. Makes 4 servings.

HOLY SHIT! KITCHEN TRICK
Leftover ginger? Add it to the curry. The ginger makes the curry taste like ginger, making it ideal for curries. Wins all around!

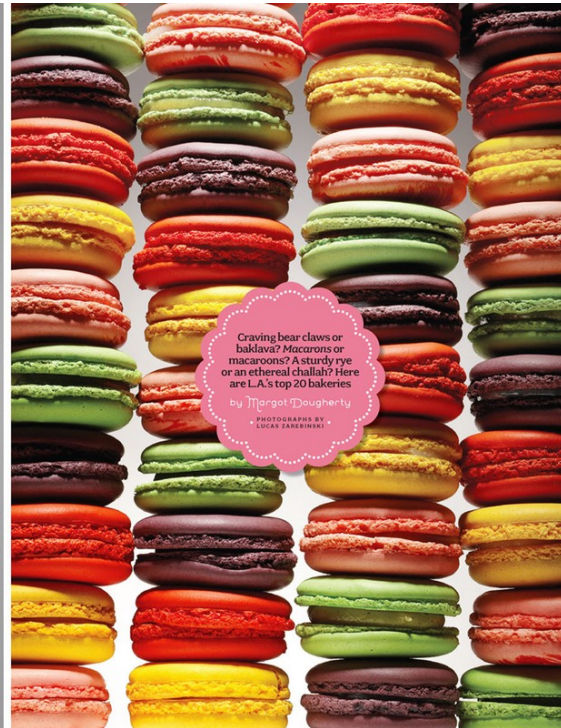
SECRET WEAPON: CURRY PASTE
This intensely flavored Southeast Asian ingredient is a mixture of spicy chilies, fresh lemongrass, garlic, bright Kaffir lime, palm sugar, and other ingredients. It's used to make curries and is a key ingredient in many Thai dishes. It's also found in many other cuisines, including Indian, Chinese, and Vietnamese. It's a versatile ingredient that can be used in many ways.

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14 Use snacks to complete your nutrition plan, not wreck it. Munching on potato skins like these is a better choice than tearing open a bag of chips.

SPICY POTATO SKINS

YOU'LL NEED
4 small sweet potatoes
2 tbsp olive oil
1 tsp salt
1 tsp black pepper
1 tsp cayenne
1 tsp cheddar cheese
1 tsp chives
1 tsp green onions
1 tsp pickled jalapeños

HOW TO MAKE IT
1. Preheat the oven to 400°F. Rub the potatoes with a bit of

olive oil, and lightly salt the skins. Bake for 35 to 40 minutes until tender.
2. Halve the potatoes lengthwise and scoop out the warm flesh into a bowl. (Leave a thin layer of potato intact around the skin to help prevent it from tearing.) Add the milk, butter, cheese, and salt, and stir with a wooden spoon until smooth. Season with salt and pepper.
3. Preheat the broiler. Carefully

scoop the mashed potatoes into the hollowed-out potato halves. Top with a bit of extra cheese and place under the broiler until the tops are browned, 3 to 5 minutes.
4. Mix the cayenne pepper with the sour cream and place a dollop on top of each potato half. Finish each with a bit of crumbled bacon and jalapeños.

17 **PESTO-GOAT CHEESE MINI PIZZAS**
YOU'LL NEED
2 thin-crust pizza bases
1 cup goat cheese
1 cup ricotta cheese
1/2 cup pesto
1/2 cup olive oil
1/2 cup pine nuts
1/2 cup parmesan cheese

HOW TO MAKE IT
1. Preheat the oven to 425°F. Divide the sauce among the four muffin halves, and then add the other



Tuna Skewers

YOU'LL NEED
1/2 lb tuna
1/2 cup soy sauce
1/2 cup rice vinegar
1/2 cup mirin
1/2 cup sesame oil
1/2 cup brown sugar
1/2 cup cornstarch
1/2 cup water

HOW TO MAKE IT
1. Soak eight wooden skewers in cold water for at least 20 minutes.
2. Heat the oil in a medium saucepan over medium heat. Cook the ginger and garlic until lightly browned, about 1 minute. Add the peanut butter, coconut milk, and soy sauce. Simmer on low heat for 10 minutes. Add the tuna and orzo and remove from the heat.
3. Heat up a grill or broiler and grill the skewers on each side, until charred on the outside but still pink in the center. Serve the skewers with the remaining sauce.

18 **PESTO-GOAT CHEESE MINI PIZZAS**
YOU'LL NEED
2 thin-crust pizza bases
1 cup goat cheese
1 cup ricotta cheese
1/2 cup pesto
1/2 cup olive oil
1/2 cup pine nuts
1/2 cup parmesan cheese

HOW TO MAKE IT
1. Preheat the oven to 425°F. Divide the sauce among the four muffin halves, and then add the other



Wrap a strip of prosciutto or good Spanish ham around a slice of honeydew melon or cantaloupe. The salty-sweet combo blows away chocolate-covered pretzels.

Per wrapped slice:
88 calories
5 grams (g) protein
2 g fat
464 milligrams (mg) sodium



Sandwich a hunk of mozzarella or Swiss between two olives on a toothpick. (Pesto drizzle optional.)

202 calories (per two)
30 g protein
18 g fat
405 mg sodium

2 Remove the pits from a few dates. Stuff each date with an almond and some blue cheese, and wrap it tightly with a strip of bacon. Secure with toothpick and bake at 400°F until the bacon is crisp, about 15 minutes. These make amazing party appetizers, too.

3 Pop a 1.5-ounce bag of plain popcorn. Pour the popcorn into a bowl and toss it with chopped rosemary, olive oil, and freshly grated Parmesan. Share with her for an alternative gourmet date night.

4 Spread a dollop of guacamole on a slice of smoked turkey, and then roll the turkey up in a slice of Swiss cheese. Secure with a toothpick. Make a bath and an appetizer on game day.

5 Arrange marinated artichoke hearts, cherry tomatoes, small balls of fresh mozzarella, and a few basil leaves on wooden skewers. It's a healthy summer snack.

6 Thread chunks of watermelon, cherry tomatoes, small balls of fresh mozzarella, and a few basil leaves on wooden skewers. It's a healthy summer snack.

7 Peel a mango and cut it into spears. Top with fresh lime juice and a couple of shakes of chili powder. It's a healthy summer snack.

8 Lay out slices of prosciutto or another type of thinly sliced ham. Mix chopped olives and sun-dried tomatoes with fresh ricotta, and then place a spoonful on the center of each prosciutto slice. Wrap and eat like a soft taco—a guilt-free soft taco, that is.

9 Place a hunk of halloumi cheese (buy it at Whole Foods or in Greek markets) directly on the grill. Cook until lightly charred on the outside, about 2 minutes a side. Top with olive oil and fresh herbs. Serve on a salad.

10 Toss the scallops with enough teriyaki marinade to cover, and marinate them for 30 minutes in the refrigerator.

11 Toss the scallops with enough teriyaki marinade to cover, and marinate them for 30 minutes in the refrigerator.

12 Not all healthy snacks require a knife. Try this: Place a hunk of halloumi cheese (buy it at Whole Foods or in Greek markets) directly on the grill. Cook until lightly charred on the outside, about 2 minutes a side. Top with olive oil and fresh herbs. Serve on a salad.

13 Halve an avocado, remove the pit, and drizzle each piece with two anchovy fillets. Drizzle with olive oil. Eat the avocado directly out of the skin with a spoon for easy cleanup.

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EVERY DAY **talk** TO THREE COOKS

"Try slices of dark meat on these cold sandwiches—it's more moist and juicy than the white breast."



Diana Sturgis
EVERY DAY TEST KITCHEN DIRECTOR

4 CREAMY-CRUNCHY SANDWICH: Drizzle EVOO on a whole grain bread slice and toast them, spread on soft goat cheese and layer with thinly sliced turkey, pears and radishes.

5 SOURDOUGH SPECIAL: Toast 2 slices of sourdough bread and let cool. Layer on slices of avocado, turkey and cooked bacon. Top with arugula dressed with a balsamic vinaigrette.

6 ITALIAN HERO: Spread some pesto on the cut sides of a sub roll and layer with slices of turkey, prosciutto and provolone; spoon on some drained giardiniera.



"Is your leftover turkey looking a little dry? Heat it up in hot gravy or broth to lock in moisture and great flavor."



Abby Bodiker
FOOD STYLIST FOR THE MICHELLE BERRI SHOW

7 HONEY-MUSTARD BRIE MELTS: Toast an english muffin, then spread with honey-mustard sauce. Layer with a couple of turkey pieces, sliced tomato and brie cheese. Place the open face sandwich under the broiler until the cheese is melted.

8 SPINACH-ARTICHOKE GRILLED CHEESE: Butter a slice of white bread and fill with turkey, grapevine cheese, spinach leaves and chopped marinated artichoke hearts. Grill in a skillet or panini press until golden brown.

9 VIETNAMESE SUB: Marinate cold-cut ham in vinegar, salt and sugar for at least 30 minutes. Slice together some mayo and salad shall sauce and spread on a baked baguette. Fill on turkey, the slaw and some pickled jalapeños for extra kick.

Eat Right
SUMMER SLIM-DOWN

EXCLUSIVE 3-MONTH PLAN

MONTH 2

THE BEACH BODY DIET

With any weight-loss plan, no matter how brilliant, you face the danger of hitting the doldrums a few weeks in. That's why we're back with 12 more meal ideas to get you closer to feeling sexual+confident. The boredom-busting program, created by Jackie Newgent, R.D.N., author of 1,000 Low-Calorie Recipes, offers palate-pleasing dishes that will help every type of eater—gourmet, gluten-free, vegetarian, and on-the-go—stay on track. Team the customized meals with the "Tone Your Trouble Zones" workout on page 30 and nothing will stand between you and that teeny-weeny bikini.



Breakfast

AIM FOR 360 TO 400 CALORIES

GOURMET
Ricotta-Pig Bowl
1/2 cup part-skim ricotta topped with 2 sliced Black Mission figs, 1 teaspoon honey, a pinch fresh thyme, and sea salt to taste; 1 small slice fruit and nut sprouted bread
(390 CALORIES)

GLUTEN-FREE
Morning Peach Melba
1 peach, halved and topped with a mixture of 8 ounces plain low-fat Greek yogurt, 1/2 teaspoon honey, and 1/2 teaspoon vanilla extract, then garnished with 2 tablespoons raspberry jam and 2 tablespoons toasted sliced almonds
(360 CALORIES)

VEGETARIAN
Breakfast Bruschetta
1 slice toasted whole-grain sourdough bread spread with a mixture of 1/2 mashed avocado, 1/2 teaspoon lemon juice, and 1/2 teaspoon sea salt and topped with 1 fried egg (or 1/2 cup scrambled silken tofu) and fresh rosemary and pepper to taste; 1 cup vegetable juice
(380 CALORIES)

ON-THE-GO
Subway Black Forest Ham, Egg & Cheese Sandwich
on a 6-inch 9-grain wheat hoagie with cheddar cheese, green pepper, and tomato, without sauce
(390 CALORIES)

Eat Right
SUMMER SLIM-DOWN

Lunch

AIM FOR 420 TO 450 CALORIES

GOURMET
Latin Pork Sandwich
1 medium (about 4 ounces) whole-wheat ciabatta roll (with the center scooped out) filled with 1 1/2 ounces thinly sliced roast pork tenderloin, 1 thin slice (about 1 ounce) Swiss cheese, 1/2 cup baby arugula, 2 kosher dill sandwich slices, and 1 tablespoon Dijon mustard; 1/2 plantain chips
(430 CALORIES)

GLUTEN-FREE
Chicken & Pinto Burrito
1 10-inch gluten-free tortilla wrapped around a mixture of 1 1/2 ounces precooked chicken breast strips, 1 cup shredded romaine, 1/2 cup rinsed and drained canned pinto beans, 2 tablespoons guacamole, 2 tablespoons chopped Spanish onion, and hot sauce to taste
(430 CALORIES)

VEGETARIAN
Garden Chef Salad
3 cups mesclun topped with 1/2 cup chopped tomatoes, 2 ounces cubed ready-to-eat baked hickory-smoked tofu, 1/2 cup shredded carrot, 1/2 cup crumbled Roquefort cheese, 2 tablespoons black raisins, 1 tablespoon sunflower seeds, 1 tablespoon extra-virgin olive oil, and red wine vinegar to taste
(430 CALORIES)

ON-THE-GO
P.F. Chang's Buddha's Fast Steamed Lunch
with brown rice
(420 CALORIES)



EXTRA BITES: Round out each day with smart snack and dessert portions that are between 100 to 200 calories apiece.



Dinner

AIM FOR 450 TO 500 CALORIES

GOURMET
#60 Chicken
1 grilled chicken breast, skin brushed with 1 1/2 tablespoons barbecue sauce, over 1/2 cup steamed whole-wheat couscous and topped with fresh cilantro and lime zest to taste; 1 1/2 cups haricots verts sautéed in 1 teaspoon butter
(460 CALORIES)

VEGETARIAN
Blue Cheese Veggie Burger
1 cooked veggie burger on 1 whole-grain bun with 2 tablespoons ketchup, 1 large slice red onion, 1 tablespoon crumbled Gorgonzola, and 1/2 cup baby arugula dressed with 1/2 teaspoon balsamic vinegar; 1 ear grilled corn with a pinch fresh rosemary and sea salt to taste; 1 watermelon wedge
(460 CALORIES)

GLUTEN-FREE
Spaghetti Caprese
2 ounces gluten-free spaghetti tossed with 1 large diced heirloom tomato (seeds removed), 2 tablespoons sliced fresh basil, 1 minced clove garlic, 1 teaspoon extra-virgin olive oil, and 1/2 teaspoon sea salt, and sprinkled with 1 ounce finely diced fresh mozzarella, then topped with a mixture of 1/2 cup rinsed and drained

*When a drink is not suggested, water is recommended.

Lucas Zarebinski

Art Department



THERE ARE A LOT OF THINGS TO LOVE ABOUT THE OUTDOORS, AND, UNFORTUNATELY, MORE THAN A FEW TO HATE. FROM WOMEN HUNTERS AND AFFORDABLE RIFLES (YAY!) TO SUNDAY HUNTING BANS AND WI-FI IN DEER CAMP (BOO!), WE PRESENT OUR LIST OF EVERYTHING THAT'S GREAT (AND NOT SO COOL) ABOUT OUR OUTDOOR LIVES

BY THE EDITORS
TITLE ILLUSTRATION BY JOEL HOLLAND
PHOTOGRAPH BY LUCAS ZAREBINSKI



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132 **Outside**

130 Outside



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A Master Class in Cheese

There's a whole world beyond Brie and Manchego. Here's how to navigate it. // **Goode**

[RED, WHITE, AND BLUE]

The Stellar American-Made Cheese Plate

The United States can finally boast about some world-class wheels.

- 1 | **Purple Hazen**, from Cypress Grove Cheese in California. The rarest bit by Mary Ferris, who brought an Humboldt fig to a pork-pine cheese festival with lavender and ground peaches. (cypressgrovecheese.com)
- 2 | **Bayley Hazen Blue**, from Jasper Hill Farm in Vermont. In cheese add-ins, the father teaches the son, and the son teaches the father. The cheese is a mix of cream and subtly sweet, without aggressive peppery notes. (jasperhillfarm.com)
- 3 | **Green Hill**, from Sweet Grass Dairy in Georgia. From the South's best cheesemakers, this Camembert-like variety has a ripening time of a few weeks and a silken, moist texture with a hint of tang. (sweetgrassdairy.com)
- 4 | **Red Hawk**, from Cowgirl Creamery in California. Everything comes from a single cow, but this much-lauded triple cream is downright evil with its satiny texture of fresh butter and a pungency that rivals that of the best any European Brie. (cowgirlcreamery.com)
- 5 | **Pleasant Ridge Reserve**, from Upstate Cheese Company in Wisconsin. Top industry country, Upstate Reserve is a top-notch cheese with just one kind of cheese, a mild, sharp tang with a refined, complex edge. (upstatecheese.com)
- 6 | **Banbury Buzzard**, from Beehive Cheese Co. in Utah. With its creamy, salty kick and coffee-fudge finish, this delectable cheese has been put in the Beehive State on the back map. (beehivecheese.com)

Where to Stock Up on Domestic Varieties

- 1 | **NEW YORK CITY**: LUCY'S BIEVE Cheese Market, 425 W. 40th St., 212-663-9900, lucyscheese.com
- 2 | **MADISON, WISCONSIN**: FROMAGINATION U.S. Cambo 14, 608-255-2430, fromagination.com
- 3 | **LOS ANGELES**: THE CHEESE STORE OF SILVERLAKE, 3206-28 W. Sunset Blvd., 323-644-7501, cheeseofsilverlake.com

[MAN OF THE CHEESECLOTH]

Make Your Own Ricotta

This creamy delicacy is dead simple to whip up—no fancy equipment or coagulating agents necessary.

3 WAYS TO MAKE YOUR RICOTTA EVEN BETTER

1. **Use whole milk.** Ricotta is made from whole milk, so using whole milk will give you a creamier texture.

2. **Use a colander.** A colander will catch the whey, so you can drain the ricotta for a longer time, making it firmer.

3. **Use a strainer.** A strainer will catch the whey, so you can drain the ricotta for a longer time, making it firmer.

INGREDIENTS: 3 QUARTS WHOLE MILK, 3 CUPS BUTTERMILK

Line a colander with four layers of cheesecloth and place it in the sink. Heat the milk and buttermilk in a large pot over medium-high heat, occasionally stirring and scraping the bottom of the pot. For the mixture carefully. The moment you see steam, stop stirring. The fluffy white curds will soon separate from the pale, translucent whey. One minute after the first curds form, scoop them all into the colander using a skimmer. Gather the cloth around the curds and let the ricotta drain for about 15 minutes (don't open). The ricotta is a hand and add salt to taste. Makes 4 to 6 cups.

1. **Use whole milk.** Ricotta is made from whole milk, so using whole milk will give you a creamier texture.

2. **Use a colander.** A colander will catch the whey, so you can drain the ricotta for a longer time, making it firmer.

3. **Use a strainer.** A strainer will catch the whey, so you can drain the ricotta for a longer time, making it firmer.



THE KNIVES

The two blade collections from Alessi (one for hard and semi-hard, one for soft and semi-soft varieties) are hand-made near Florence—in Piccinno, Italy (5400 each, Alessi.com).

[IN NAME ONLY]

Not Your Average Deli Classics

Some sandwich staples are too good to be paired with cold cuts.

- 1 | **Guffanti Four-Year-Old Provolone**. More like a crumbly hard cheese, this sample, which only ships in small quantities, is too good to be paired with cold cuts.
- 2 | **Edwin's Austrian Muenster**. A bit among bellys, this one is a hard cheese, but it's not as hard as you might expect. It's a good pairing for cold cuts.
- 3 | **Wells Dry Jack**. With its Parmesan-like texture, this right-much-did-cream cheese is a good pairing for cold cuts.
- 4 | **Hovind Hollander Four-Year-Old Gouda**. Yes, you can find reasonably tasty positions in grocery stores, but the Dutch cheese doesn't get this much of a crystalline texture without small but noticeable and extra long aging.

THE STORAGE

Wrapping cheese in plastic is lacto murder—the stuff needs to breathe. Formative's porous two-ply papers let in just enough oxygen. (\$30 for 25 sheets, surtable.com)

[FOREIGN INVESTMENTS]

Four Hot Imports

Because no one buys Asiago anymore.

1 | **Tomme Croyenne**. This dense, almost cheddar-like cheese has a mouthwatering texture and the remarkable flavor of a hot and spicy.

2 | **Panforte**. One of the most difficult to find, this aged Sicilian cheese has a unique texture and flavor.

3 | **Berkswell**. From the English village of the same name, this hard cheese has a unique texture and flavor.

4 | **Macabibi**. When Brie goes bad, it becomes Macabibi, a cheese with a unique texture and flavor.

[NORTH STAR]

Your Canadian Source for Raw-Milk Cheese

To the exasperation of American enthusiasts, the incomparable delicious cheeses made from raw (unpasteurized) milk, aged less than 60 days—Camembert, Provolone, Asiago, Muenster—were banned by the Organization of Consumer Protection Mothers. (Some people call it the FDA.) But you don't have to cross oceans to indulge. Smart border jumpers head straight to Yankin's Fromagerie de Marche in Montreal, which stocks an assortment well worth smuggling through Customs.

357 rue Prince Street, Montreal, 514-414-4444, yankinsfromagerie.ca



The Country's Best Salsa

Paul Kahan, creator of the Chicago hit Blackbird and the Publican, has opened another winner: the taco spot Big Star. His salsa verde will make you a tomatoist devotee. (1531 N. Damen Ave., Chicago, 773-225-0239)



1. **Use fresh tomatoes.** The best tomatoes are the ones that are just starting to ripen. They should be firm but have a slight give when you press them.

2. **Use fresh onions.** The best onions are the ones that are just starting to ripen. They should be firm but have a slight give when you press them.

3. **Use fresh garlic.** The best garlic is the one that is just starting to ripen. It should be firm but have a slight give when you press it.

4. **Use fresh peppers.** The best peppers are the ones that are just starting to ripen. They should be firm but have a slight give when you press them.

5. **Use fresh herbs.** The best herbs are the ones that are just starting to ripen. They should be firm but have a slight give when you press them.

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Art Department

K+T TECH

Perfect Hybrid Cameras

At long last, you don't need to choose between the ubiquitous point-and-shoot and the two-pound behemoth favored by photojournalists. These new models, called Micro Four Thirds and NX cameras, offer the perks of a digital single-lens reflex (DSLR)—interchangeable lenses, full manual settings, and fast shutter speeds—at a third of the size. *Tom Samian*

- 1 Samsung NX10**
\$700, samsung.com
- 2 Panasonic Lumix GF1**
\$800, panasonic.com
- 3 Olympus E-P1**
\$800, getolympus.com

The modern-looking NX10 has a jumbo image sensor that makes it ideal for capturing a night out or a low-lit bowl of pasta.

With more lens options than any other camera in this category, Panasonic's GF1 is perfect for the quasi-pro who wants to shoot French Open matches and Capote-style bestsellers.

Don't know whether speed from ISO might be necessary? No need to spend your cash on a camera that includes a built-in flash and eye sensor modes.

[GET THE PICTURE]
The Instant-Gratification Photo Printer

Instead of unrolling your photos on a little LCD screen, do as the big-name photographers do and print hard copies straight from your camera. The Prima P100 can produce a 4x6 print in less than a minute—which means you could have it framed in two. (Canon Prints P100, \$250; usa.canon.com)

[UP TO OLD TRICKS]

A RETRO-MODERN VIDEO CAMERA

You may have forgotten about the deep robot charm of Super 8, but the Japanese film Super8 has it. Its Digital Hi8mm, which looks like a cross between a vhs cam and an Instamatic film cartridge, shoots movie-quality digital footage—with audio.

Super8world Digital Hi8mm and 2, \$750; super8world.com

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K+T TECH

Vacuum-Tube Audio

It's true: The vacuum tube is older than Keith Richards. But unlike Keith, this electric wonder from the last century is experiencing a resurgence. The tube-like attachments may add some bulk to your music center, but they deliver warmer, incredibly accurate sound—and look pretty damn striking, too. *Tom Samian*

- 1 Cary Audio Kicker**
Runs on 1A tube stereo's strong suit, but the sub-wonder output on this mini amp can handle some serious low end. Best of all, it's about half the size of a laptop. The Kicker won't move in the other components on your minimalist media rack. (\$2,200; caryaudio.com)
- 2 NuSound Laboratories T-2**
To get the most out of your MP3, insert it in the T-2, which plugs into your Mac or PC via USB and makes the otherwise ho-hum format sound dynamic—as if Jack White and his guitar were in the room with you. (\$199; nuesoundlabs.com)
- 3 Pallas Classic One MMH**
This best of both worlds hybrid combines a tube-based preamp to intensely lush (and high notes) with solid state power amp to deliver bold, punchy feeling low notes. (\$1,999; nuesoundlabs.com)

[WATCH IT]

THE BEST WAY TO GET TV ON YOUR PHONE

ValuLink mobile TV RECEIVER, \$50. VALULINK.COM

■ If you want to watch the World Cup semi-finals on the go, the best way to get TV on your phone is to use a mobile TV receiver. The ValuLink mobile TV receiver is a small, portable device that can be used with a variety of mobile phones. It's a great way to watch the World Cup semi-finals on the go, and it's also a great way to watch other TV programs on the go.

[WATCH IT]

Apps to Download Right Now

■ If you want to watch the World Cup semi-finals on the go, the best way to get TV on your phone is to use a mobile TV receiver. The ValuLink mobile TV receiver is a small, portable device that can be used with a variety of mobile phones. It's a great way to watch the World Cup semi-finals on the go, and it's also a great way to watch other TV programs on the go.

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ESSENTIALS

outfitted for: Air Travel
Eight ways to make the flight part of the vacation
BY JASON KERRIMANS

- 1. The Shoes** Inexpensive Patagonia shoes are deep-colored and super-comfortable, and will help you see through the long flight. \$100, patagonia.com
- 2. The Head** Put down that in-flight catalog. Amazon's 3.3-ounce headband is a versatile, foldable travel essential. \$10, amazon.com
- 3. The Shades** The photochromic lenses in Costa's Capri sunglasses darken for window-seat glare, while the frames' super-soft material makes them easy to wear. \$100, costaoptics.com
- 4. The Bag** Eliseo's durable, carbon-fiber Clark Eliseo bag is perfect for your travel necessities, and a side bag works from first-class to last plane. \$200, eliseobags.com
- 5. The Laptop** With a 15.5-inch screen, four-hour battery, and three-pound, three-fourths-inch weight, Apple's MacBook Air is the most portable laptop yet. \$1,800, apple.com
- 6. The Entertainment** Cowi's 8GB D3 media player fits in a travel pocket. But its 16-hour, 3.5-inch color touchscreen makes video and pictures seem larger. \$200, cowi.com
- 7. The Wallet** Fit enough for boarding passes and overseas currency, Mulholland's leather Passport Case with Travel Pocket is perfect for the on-the-go traveler. \$100, mulhollandbrothers.com
- 8. The Charger** Turn's Electronics Model Power Pack can charge your phone, iPod, and camera in-flight and still have juice to spare. \$35, turn.com

170 Outside

Photograph by Jason Zarebinski

ESSENTIALS

outfitted for: Surfing
Get dialed for summer's coolest sport
BY MARK ANDREWS

- 1. Surfboard** A versatile stick like the Channel Islands Phoenix, a step and wide four-fin model, can handle everything from high-takeoff to overhead takeoff. Available from \$700 to \$1,500, channelislands.com
- 2. Wetsuit** Quiksilver's super-stretchy Oyster neoprene full suit maximizes mobility while keeping you toasty. Three millimeters thick in the chest, two in the limbs. \$300, quiksilver.com
- 3. Leash** You may find a cheaper leash, but Daini's Kona 3mm is a proven performer. Available from \$100 to \$150, daini.com
- 4. Wax** Never miss an other set with Rip Curl's stamper. Rip Curl's stamper is a proven performer. Available from \$100 to \$150, ripcurlltd.com
- 5. Thunks** Patagonia's Vented Board Shorts are perfectly perfect—simply stated, they're the best. From \$100 to \$150, patagonia.com
- 6. Wax** Sticky Bumps Wax is a 100 percent natural and all-natural product. Available from \$100 to \$150, stickypumps.com
- 7. The Hat** The only Body Glove's water-resistant Eco pullover more versatile than your surfboard is the Eco Hat. Available from \$100 to \$150, bodyglove.com

170 Outside

Photograph by Jason Zarebinski

Lucas Zarebinski

www.art-dept.com

B

TREND

WHY HOLLYWOOD LOVES THE ALKALINE DIET

MORE AND MORE STARS ARE TURNING TO A REGIMEN DESIGNED TO BALANCE THE BODY'S PH LEVELS. SHOULD YOU?

"I CAN SPOT AN ACID BOB ACROSS A ROOM," says Lindsay Lohan, a naturopathic doctor who has helped reshape the bodies of Mase Jacobs, Demi Moore, and Miami Dolphins Reggie Bush. "The hair and the skin are different, the skin pores are too large...and everything is starting to age prematurely."

Natural cure advocates have long promoted a diet aimed at increasing alkaline in the body—heavy on fruits and vegetables, light on meat, dairy, sugar, and grains—but this way of eating showed up on the radar only after a recent explosion of interest among A-list celebrities.

Mainstream medical experts call fowl, arguing that the body tightly regulates blood pH, regardless of the food we eat. ("Chemistry y'know?") The pH scale runs from 0 to 14—"water has a neutral value of 7; higher being alkaline and lower being acid." But new research suggests that what the body does to regulate pH can lead to thinner bones and weaker muscles. ("Duncan credits Reggie Bush's alkaline diet [with helping him rebound from a broken leg]. According to Kimberly Snyder, another nutritionist for the celeb set, the diet also delivers a leaner body—you're shedding pounds by switching out processed carbs for fruits and vegetables. And there are other, less tangible benefits. Snyder, 42, notes this isn't even her cover subject Choosing Tastes makes me feel good.")

But how does it work? She explains that it's doing the heavy lifting as opposed to the fiber or the phytonutrients ("Sheila Costa, a nutritionist at the University of Tampa, says, "The important thing I've learned about the alkaline diet is get those alkalinizing minerals like magnesium, potassium, and calcium. The body doesn't care what you call it."

COURTESY OF DR. LINDSEY LOHAN FOR NUTRITIONIST KIMBERLY SNYDER

50 | Hunting

INDUSTRY CLASS

Affordable Optics

Just in time for gift-giving, a class of bright, durable glass for under \$150

BY ANDREW MCKEAN

AS EVER, YOU GET WHAT YOU pay for with sporting optics. But one of the happiest trends of the last decade has been the emergence of good, hard-working, inexpensive binoculars and riflescopes. These capable optics may not have the stunning brilliance or hair-splitting resolution of high-end European glass, but at under one-tenth the cost, they'll leave finks available for other gear. Here are four value-priced optics that are as easy on your eyes as they are on your wallet.

VANGUARD VENTURE PLUS 1042G

Every red price binocular claim-\$100 has multiculated lenses and a waterproof chassis. So she on the basis of good glass and protection. The Venture has a remarkably light nose, with focus wheel, an ergonomic grip and person eye relief.

\$145, vanguardusa.com

VORTEX CROSSFIRE 10X42

The secret here you can spot a begining better—other than a hard-looking rifle—is a flimsy light-gathering objective. The entry-level Vortex has decent glass, precise focus, nice balance and—a curfew at this price point—a lifetime warranty.

\$146, vortexoptics.com

BSA MAJESTIC DX 3-9X40

The rising tide of optical technology lifts all boats, including ones formerly toward the bottom of the quality boat. BSA's new Majestic line features decent glass, a vibration-dampening compensating reticle and a generous eye wash.

ad lifetime warranty.

\$124, gameco.com

NIKON PROSTAFF BDC 3-9X40

When delivers a workhorse of a scope with precise barrel adjustments and a bright picture, but the real bargain is the BDC reticle and the ability to tune it using Nikon's Spot On ballistics program, providing shooters with long-range accuracy at a price that won't break the bank.

\$175, nikonhunting.com

Steve Delaney

50 | OUTDOOR LIFE

www.art-dept.com