

# Art Department



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Chocolate-and-berry tamale with strawberry sorbet. PLATE: Robert Haviland & C. Parlon "Syracuse," available at Barneys New York

Opposite: Clam tamale with black garlic and lemon. PLATE: Raymond "Cristobal," available at Barneys New York

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**ARCHER FARMS**  
TASTY FOOD TASTY PRICE  
Satisfaction Guaranteed  
PREMIUM FOOD PRODUCTS

## NO REALLY, IT'S THIS EASY

### INDIAN INSPIRED GRILLED PIZZA

1 PKG. ARCHER FARMS INDIAN NAAN  
1/3 C. ARCHER FARMS MANGO CURRY GRILLING SAUCE  
16 FROZEN LARGE COOKED SHRIMP  
SWEET PEPPERS, RED & GREEN ONION, CILANTRO TO TASTE



Try this effortlessly exotic dish and you'll never think of pizza the same way. And it starts with the sauce. First, coat the naan with olive oil and 2 T of the mango curry. Add shrimp and brush with remaining sauce. Then dress it up with the veggies. Heat grill to medium. Cook over indirect heat for about 5 minutes, until the toppings are heated through. Garnish with cilantro. Serve warm to a captive audience.

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## NO REALLY, IT'S THIS EASY

### SWEET AND SAVORY GELATO

ARCHER FARMS PISTACHIO GELATO  
ARCHER FARMS EXTRA VIRGIN OLIVE OIL  
ARCHER FARMS SEA SALT

When it comes to dessert, we all owe Italy a big debt of gratitude for giving us gelato. This rich, creamy delight is great on its own, but can be deliciously transformed with a few unexpected ingredients. Dish out some pistachio gelato, drizzle on a little olive oil for the perfect enhancement, then top off with a dash of flaky sea salt. Add spoons and give thanks to the Italians.

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Finds /// Stuff with a Story

FRANCE

## Cutting Edge

The knives seen here range from \$63 to \$255. In France, buy them at La Coutellerie de Laguiole, 15, Allée de l'Amicale, Laguiole, 33/56-551-5014. In the U.S., visit [laguiole-france.com](http://laguiole-france.com)

When it comes to the design of France's intricate and world-famous Laguiole knife, everybody has a different story. "The Laguiole knife has taken on many features of local history and legend," says Christophe Durand, whose family runs La Coutellerie de Laguiole, a company that makes the traditional utensil and maintains a small museum devoted to the knife's history in the village of Laguiole.

Defined by an elegantly curved retractable blade, the Laguiole knife was, from its inception in the 1830s, the shepherd's tool of choice. To this day, the knife's distinctive markings include an etched cross on the handle and a forged insect at the hinge. Lore has it that shepherds far from church would stick the blade into a loaf of bread, the cross creating an impromptu altar for prayer. The insect—a fly or a bee, depending on which legend you believe—is either a clever play on words (the French *mouche* means fly and describes the place on the knife where the spring attaches and the blade flips open) or Napoleon's imperial seal.


When Laguiole residents began to migrate to Paris for work as waiters or barmen in the 1880s, the addition of a corkscrew transformed the cutlery from an agricultural tool to a stylish urban accoutrement. Today, the finest Laguiole knives are still handmade (and sometimes customized, like the one shown here with the Freemasons' symbol replacing the insect) by cutlery in the Aveyron region where they originated. —Peter Jaret

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 Eat Smart

## Culture Shock

With a savory spin, yogurt is literally stepping up to the plate—as a main course. You might want to bust out your fancy silverware.

By Laura Sampedro

Remember when George Clooney was a handyman on *The Facts of Life*? Neither do we. Soon, the concept of yogurt-as-snack will be just as much a thing of the past. Thanks to the rise of Greek varieties—total ballers on the protein, calcium, and probiotic fronts—the stuff is already a bona-fide health food. Now, add-ins like avocado and fava beans are taking off at yogurt bars—yes, yogurt bars—across the country. The result: full-flavored concoctions worthy of stand-alone meal status. Dig in with these DIY recipes.

### It's Not All Greek to You

There's more than one part of the world with a name in hearty yogurt. Icelandic, Australian, and Middle Eastern labneh styles are made the same way: by straining out milky whey, leaving the fare thick and creamy.



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## Eat Smart

### Full Plates

Each recipe\* uses a one-cup base of strained yogurt (nutritional information is for toppings only). We like full-fat—it packs more energizing protein and bone-building calcium—but if calories are a concern, feel free to sub in 2 percent.

#### "EVERYTHING BAGEL"

Mix ¼ tsp kosher salt, ¼ tsp sesame seeds, ¼ tsp poppy seeds, ¼ tsp caraway seeds, ¼ tsp dried chopped onion, and ½ tsp garlic powder with yogurt until thoroughly combined. Scoop with crudité or pita chips.

**PER SERVING** 20 cal, 1 g fat (0 g sat), 3 g carbs, 0 g sugar, 480 mg sodium, 1 g fiber, 1 g protein

#### ROASTED RED PEPPER

Combine yogurt with ½ tsp each extra-virgin olive oil and dried oregano. Toss ½ tsp each extra-virgin olive oil and oregano with ½ cup diced roasted red peppers and ¼ tsp salt. Top seasoned yogurt with red pepper mixture.

**PER SERVING** 120 cal, 9 g fat (1.5 g sat), 10 g carbs, 6 g sugar, 570 mg sodium, 4 g fiber, 0 g protein

#### KALE, WHITE BEAN, AND CHORIZO

Place 1 cup chopped kale and ½ cup cannellini beans in a bowl. Drizzle with 1 tsp each extra-virgin olive oil and lemon juice, and season with salt and pepper to taste. Toss to combine. Top yogurt with kale mixture and scatter with 1 oz diced cured chorizo.

**PER SERVING** 300 cal, 17 g fat (5 g sat), 25 g carbs, 0 g sugar, 480 mg sodium, 6 g fiber, 15 g protein



#### SPICY CHICKPEA

Toss 1 cup chickpeas with 1½ tsp sambal oelek chili paste. Stir together yogurt, 2 thinly sliced scallions, and 1 Tbsp lime juice. Top with chickpea mixture.

**PER SERVING** 230 cal, 2 g fat (0 g sat), 44 g carbs, 2 g sugar, 390 mg sodium, 9 g fiber, 10 g protein



#### PROSCIUTTO, FIG, AND CRACKED PEPPER

Sprinkle yogurt with 1½ oz finely chopped prosciutto. Top with 2 quartered fresh figs and drizzle with 2 tsp balsamic vinegar. Scatter with coarsely cracked black pepper to taste.

**PER SERVING** 130 cal, 2.5 g fat (1 g sat), 22 g carbs, 18 g sugar, 570 mg sodium, 3 g fiber, 7 g protein



#### CARROT GINGER

Whisk together 1 tsp fresh-squeezed orange juice, ¼ tsp extra-virgin olive oil, ¼ tsp finely grated ginger, and ½ tsp grated orange zest. Add 1 cup grated carrot and toss to combine. Top yogurt with carrot mixture and sprinkle with ¼ cup chopped walnuts.

**PER SERVING** 220 cal, 19 g fat (2 g sat), 11 g carbs, 4 g sugar, 45 mg sodium, 4 g fiber, 5 g protein

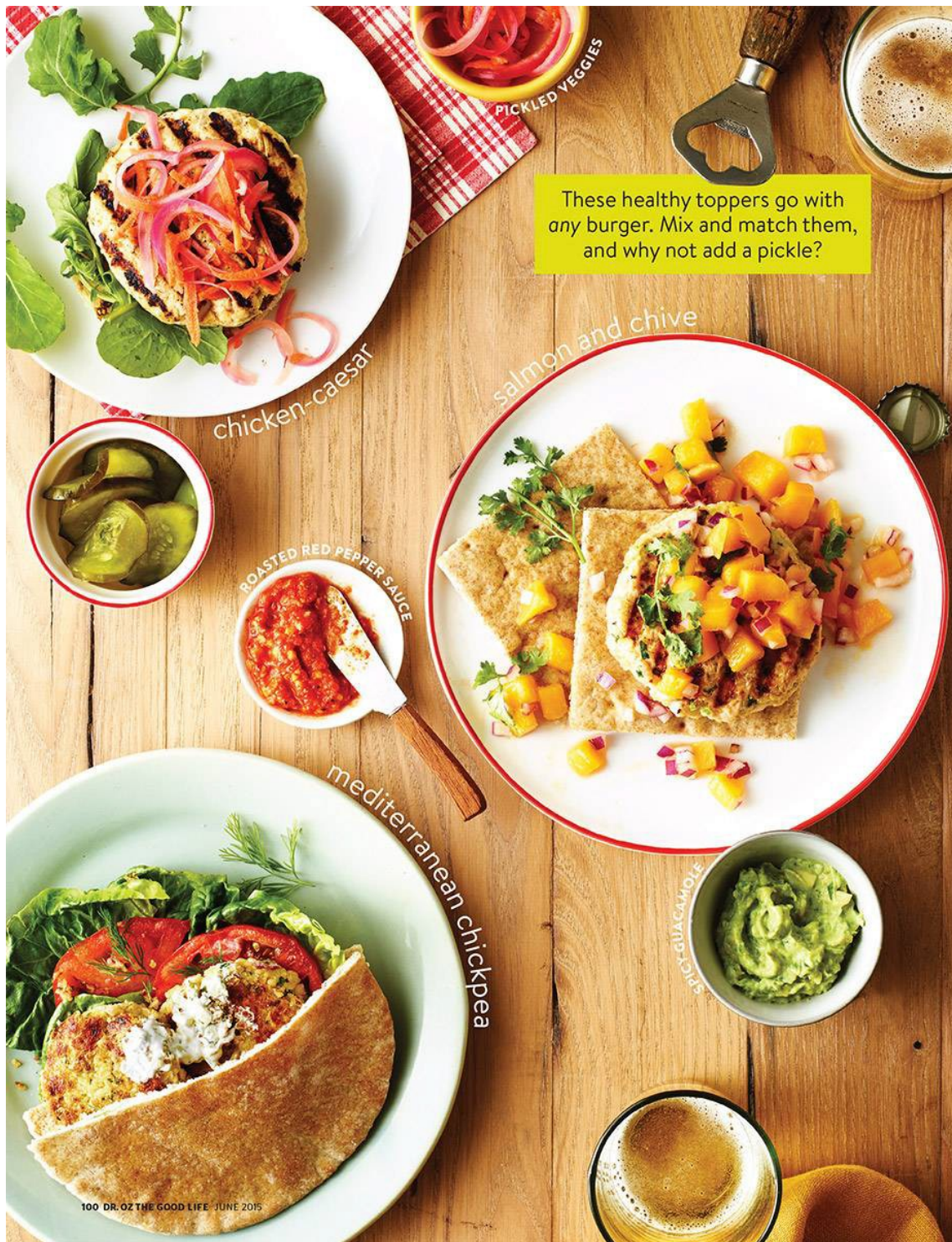


\*All recipes make one serving.

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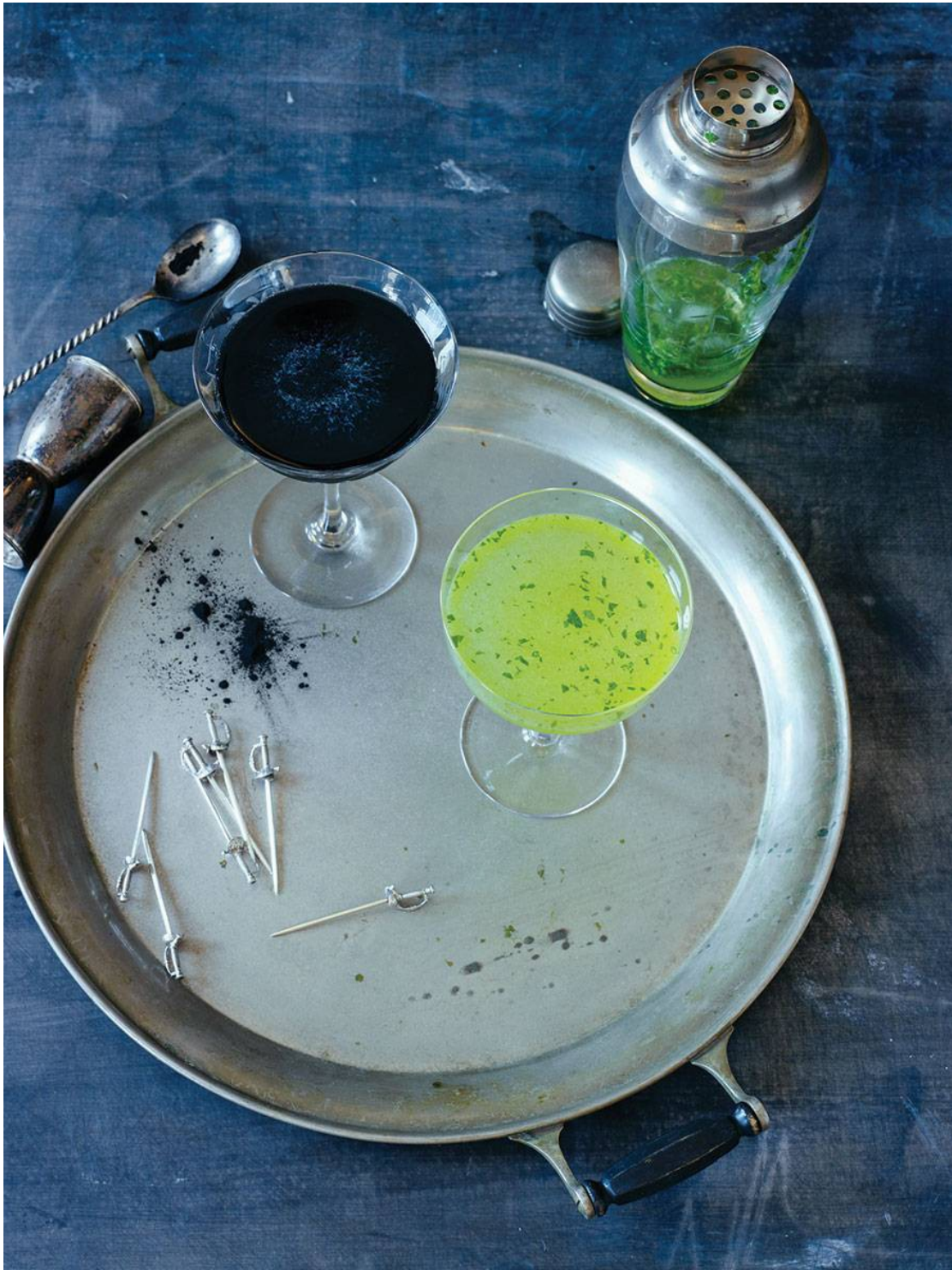
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