BON APPÉTIT

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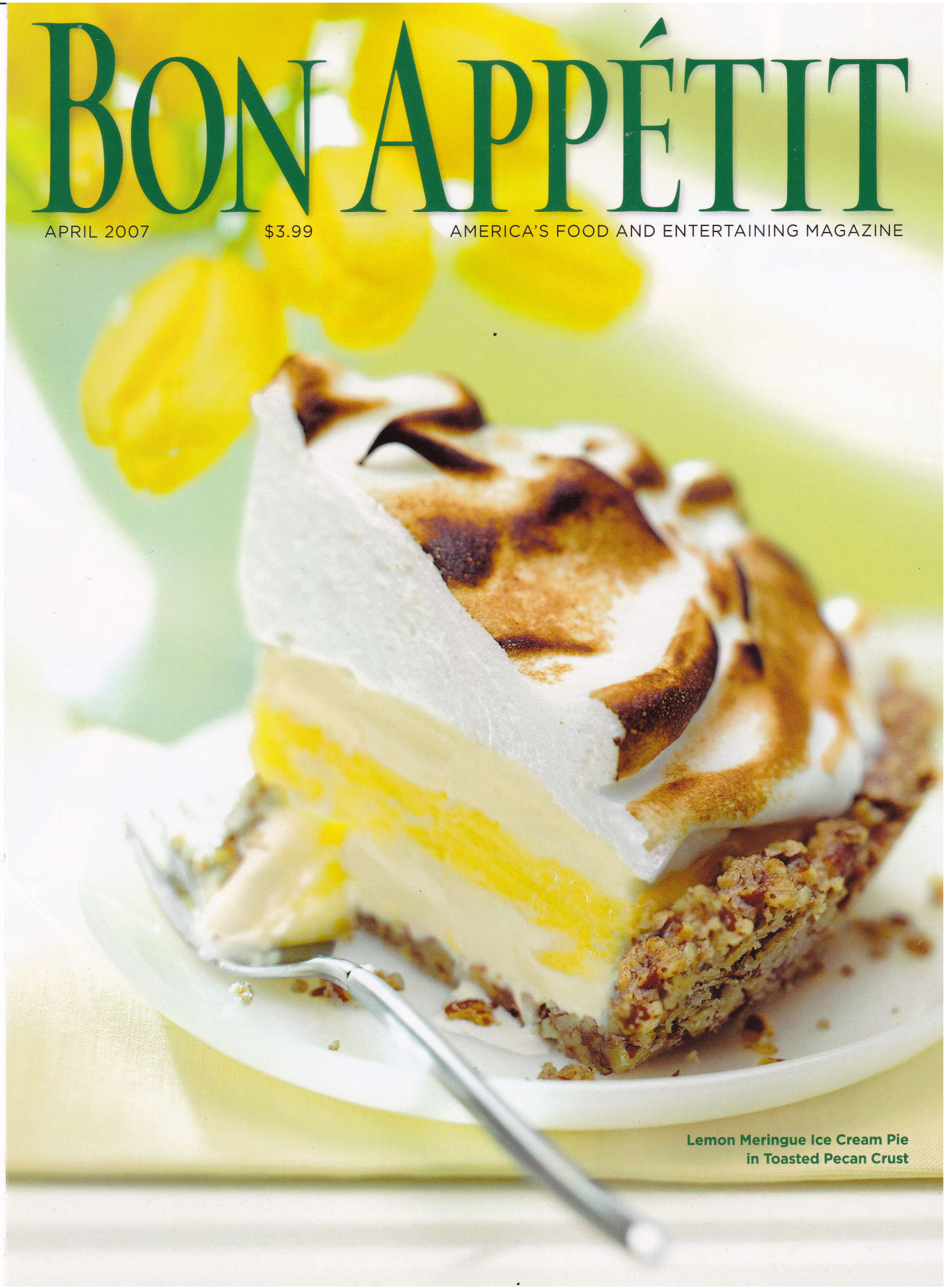
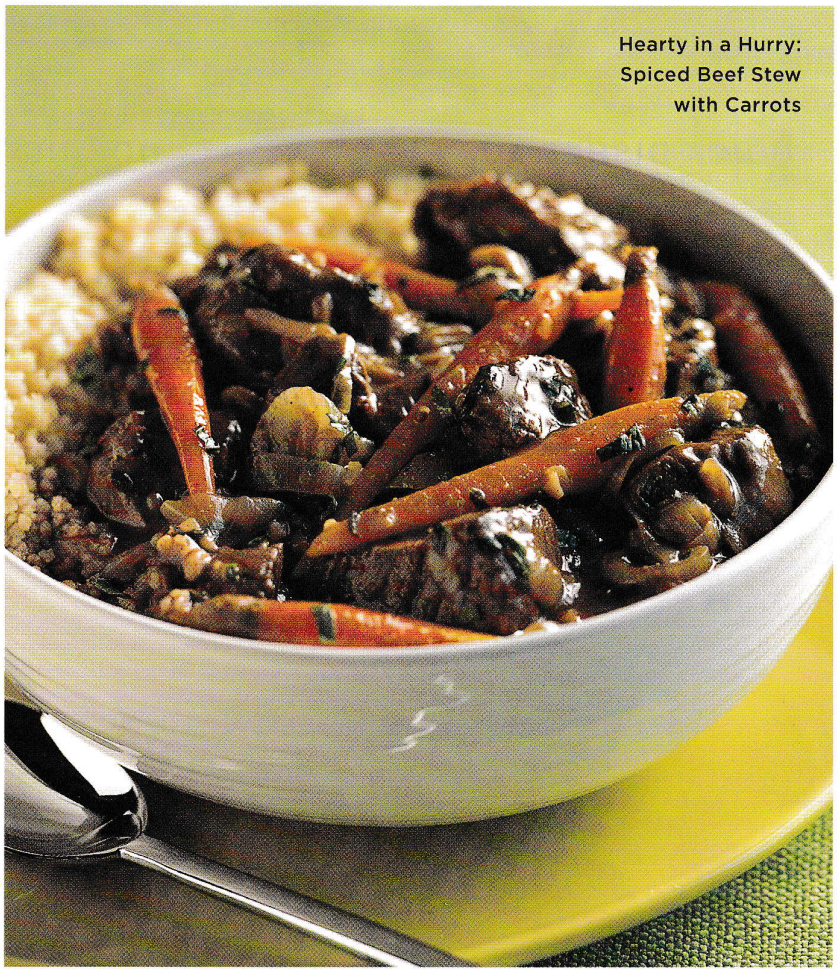


Lemon Meringue Ice Cream Pie
in Toasted Pecan Crust



Hearty in a Hurry: Spiced Beef Stew with Carrots

C HF

Spiced Beef Stew with Carrots and Mint

This North African-inspired stew is good over couscous with a little lemon juice and chopped mint. Because it's made with beef tenderloin, it's ready in minutes instead of hours.

PREP: 30 MINUTES; TOTAL: 40 MINUTES

2 SERVINGS

- 2 tablespoons olive oil, divided
- 12 ounces beef tenderloin, cut into 1-inch cubes
- 1 cup sliced shallots (about 3 large)
- 8 ounces peeled baby carrots
- 2 teaspoons ground cumin
- 1½ teaspoons pumpkin pie spice
- ⅛ teaspoon cayenne pepper
- 1 tablespoon all purpose flour
- 2½ cups beef broth
- ⅓ cup chopped fresh mint, divided

Heat 1 tablespoon oil in large nonstick skillet over high heat. Sprinkle beef with salt and pepper. Add beef to skillet and sauté until cooked to desired doneness, about 2 minutes for medium-rare. Using slotted spoon, transfer beef to bowl. Add remaining 1 tablespoon oil to skillet. Add shallots and carrots and sauté until golden, about 3 minutes. Add all spices; stir 30 seconds. Sprinkle flour over; stir 30 seconds. Stir in broth and bring to boil. Reduce heat to medium; simmer until carrots are just tender, about 8 minutes. Return beef to skillet; cook until sauce thickens slightly, about 1 minute. Season stew to taste with salt and pepper. Stir in ¼ cup chopped mint. Transfer stew to bowls. Sprinkle with remaining chopped mint and serve.

Dark and White Chocolate Chunk Cookies

Crystallized ginger makes these a little different. It's available, already chopped, in the spice section of many supermarkets. For a photo of the cookies, see page 2.

PREP: 20 MINUTES; TOTAL: 55 MINUTES

MAKES ABOUT 2 DOZEN

- 2⅔ cups bittersweet or semisweet chocolate chips, divided
- ¼ cup (½ stick) unsalted butter
- 2 large eggs
- ½ cup (packed) golden brown sugar
- 2 teaspoons vanilla extract
- ¾ cup self-rising flour
- ½ cup chopped crystallized ginger
- 3½ ounces high-quality white chocolate (such as Lindt or Perugina), very coarsely chopped

Preheat oven to 350°F. Line 2 baking sheets with parchment paper. Stir 2 cups chocolate chips with butter in heavy small saucepan over low heat until melted and smooth; cool 10 minutes. Beat eggs and sugar in large bowl until well blended. Beat in melted chocolate mixture and vanilla, then flour. Stir in ginger and remaining ⅔ cup chocolate chips; let stand 10 minutes.

Drop cookie dough by rounded tablespoonfuls onto prepared baking sheets, spacing cookies 1½ to 2 inches apart. Press white chocolate pieces into top of cookies, dividing equally. Bake until cookies look puffed and slightly dry on top, about 13 minutes. Cool cookies on sheets. ➤

C LOW CALORIE | CH LOW CHOLESTEROL | F LOW FAT | HF HIGH FIBER | S LOW SATURATED FAT | V VEGETARIAN

BRIAN LEATART