



— AMERICA'S —
TEST KITCHEN

100 RECIPES

THE ABSOLUTE BEST
WAYS TO MAKE THE
TRUE ESSENTIALS



ALSO BY THE EDITORS AT AMERICA'S TEST KITCHEN

The Complete Vegetarian Cookbook
The Complete Cooking for Two Cookbook
The New Family Cookbook
The America's Test Kitchen Cooking School Cookbook
The Cook's Illustrated Meat Book
The Cook's Illustrated Baking Book
The Cook's Illustrated Cookbook
The Science of Good Cooking
The America's Test Kitchen Menu Cookbook
The America's Test Kitchen Quick Family Cookbook
The America's Test Kitchen Healthy Family Cookbook
The America's Test Kitchen Family Baking Book

THE AMERICA'S TEST KITCHEN LIBRARY SERIES

The How Can It Be Gluten-Free Cookbook Volume 2
The How Can It Be Gluten-Free Cookbook
The Best Mexican Recipes
The Make-Ahead Cook
Healthy Slow Cooker Revolution
Slow Cooker Revolution Volume 2: The Easy-Prep Edition
Slow Cooker Revolution
The 6-Ingredient Solution
Pressure Cooker Perfection
Comfort Food Makeovers
The America's Test Kitchen D.I.Y. Cookbook
Pasta Revolution
Simple Weeknight Favorites
The Best Simple Recipes

THE TV COMPANION SERIES

The Complete Cook's Country TV Show Cookbook
The Complete America's Test Kitchen TV Show Cookbook 2001–2016
America's Test Kitchen: The TV Companion Cookbook (2009 and 2011–2015 Editions)

AMERICA'S TEST KITCHEN ANNUALS

The Best of America's Test Kitchen (2007–2016 Editions)
Cooking for Two (2010–2013 Editions)
Light & Healthy (2010–2012 Editions)

THE COOK'S COUNTRY SERIES

Cook's Country Eats Local
From Our Grandmothers' Kitchens
Cook's Country Blue Ribbon Desserts
Cook's Country Best Potluck Recipes
Cook's Country Best Lost Suppers
Cook's Country Best Grilling Recipes
The Cook's Country Cookbook
America's Best Lost Recipes

THE BEST RECIPE SERIES

The New Best Recipe
More Best Recipes
The Best One-Dish Suppers

Soups, Stews & Chilis

The Best Skillet Recipes

The Best Slow & Easy Recipes

The Best Chicken Recipes

The Best International Recipe

The Best Make-Ahead Recipe

The Best 30-Minute Recipe

The Best Light Recipe

The Cook's Illustrated Guide to Grilling and Barbecue

Best American Side Dishes

Cover & Bake

Steaks, Chops, Roasts & Ribs

Italian Classics

American Classics

FOR A FULL LISTING OF ALL OUR BOOKS

CooksIllustrated.com

AmericasTestKitchen.com

PRAISE FOR OTHER AMERICA'S TEST KITCHEN TITLES

"Some 2,500 photos walk readers through 600 painstakingly tested recipes, leaving little room for error."

ASSOCIATED PRESS ON *THE AMERICA'S TEST KITCHEN COOKING SCHOOL COOKBOOK*

"Ideal as a reference for the bookshelf...Will be turned to time and again for definitive instruction on just about any food-related matter."

PUBLISHERS WEEKLY ON *THE SCIENCE OF GOOD COOKING*

"A one-volume kitchen seminar, addressing in one smart chapter after another the sometimes surprising whys behind a cook's best practices. You get the myth, the theory, the science, and the proof, all rigorously interrogated as only America's Test Kitchen can do."

NPR ON *THE SCIENCE OF GOOD COOKING*

"Carnivores with an obsession for perfection will likely have found their new bible in this comprehensive collection."

PUBLISHERS WEEKLY (STARRED REVIEW) ON *THE COOK'S ILLUSTRATED MEAT BOOK*

"This encyclopedia of meat cookery would feel completely overwhelming if it weren't so meticulously organized and artfully designed. This Cook's Illustrated at its finest."

THE KITCHN ON *THE COOK'S ILLUSTRATED MEAT BOOK*

"This book is a comprehensive, no-nonsense guide...a well-thought-out, clearly explained primer for every aspect of home baking."

THE WALL STREET JOURNAL ON *THE COOK'S ILLUSTRATED BAKING BOOK*

"The sum total of exhaustive experimentation...anyone interested in gluten-free cookery simply shouldn't be without it."

NIGELLA LAWSON ON *THE HOW CAN IT BE GLUTEN-FREE COOKBOOK*

"Even ultra-experienced gluten-free cooks and bakers will learn something from this thoroughly researched, thoughtfully presented volume."

PUBLISHERS WEEKLY ON *THE HOW CAN IT BE GLUTEN-FREE COOKBOOK*

"The 21st-century Fannie Farmer Cookbook or The Joy of Cooking. If you had to have one cookbook and that's all you could have, this one would be it."

CBS SAN FRANCISCO ON *THE NEW FAMILY COOKBOOK*

"This book upgrades slow cooking for discriminating, 21st-century palates—that is indeed revolutionary."

THE DALLAS MORNING NEWS ON *SLOW COOKER REVOLUTION*

"One bag, 3 meals? Get the biggest bang for your buck."

FOX NEWS ON *THE MAKE-AHEAD COOK*

"The go-to gift book for newlyweds, small families, or empty nesters."

ORLANDO SENTINEL ON *THE COMPLETE COOKING FOR TWO COOKBOOK*

"Buy this gem for the foodie in your family, and spend the extra money to get yourself a copy too."

THE MISSOURIAN ON *THE BEST OF AMERICA'S TEST KITCHEN 2015*

"The perfect kitchen home companion...The practical side of things is very much on display...cook-friendly and kitchen-oriented, illuminating the process of preparing food instead of mystifying it."

THE WALL STREET JOURNAL ON *THE COOK'S ILLUSTRATED COOKBOOK*

"If this were the only cookbook you owned, you would cook well, be everyone's favorite host, have a well-run kitchen, and eat happily every day."

THECITYCOOK.COM ON *THE AMERICA'S TEST KITCHEN MENU COOKBOOK*

"This comprehensive collection of 800-plus family and global favorites helps put healthy eating in an everyday context, from meatloaf to Indian curry with chicken."

COOKING LIGHT ON *THE AMERICA'S TEST KITCHEN HEALTHY FAMILY COOKBOOK*

"There are pasta books...and then there's this pasta book. Flip your carbohydrate dreams upside down and strain them through this sieve of revolutionary, creative, and also traditional recipes."

SAN FRANCISCO BOOK REVIEW ON *PASTA REVOLUTION*

"These dishes taste as luxurious as their full-fat siblings. Even desserts are terrific."

PUBLISHERS WEEKLY ON THE BEST LIGHT RECIPE

“Further proof that practice makes perfect, if not transcendent... If an intermediate cook follows the directions exactly, the results will be better than takeout or Mom’s.”

THE NEW YORK TIMES ON THE NEW BEST RECIPE

“The entire book is stuffed with recipes that will blow your dinner-table audience away like leaves from a sidewalk in November.”

SAN FRANCISCO BOOK REVIEW ON THE COMPLETE COOK’S COUNTRY TV SHOW COOKBOOK

“Rely on this doorstopper for explicit and comprehensive takes on recipes from basic to sophisticated.”

TOLEDO BLADE ON THE COMPLETE AMERICA’S TEST KITCHEN TV SHOW COOKBOOK



100 RECIPES

THE ABSOLUTE BEST
WAYS TO MAKE THE
TRUE ESSENTIALS

THE EDITORS AT AMERICA'S TEST KITCHEN

PHOTOGRAPHY: CARL TREMBLAY FOOD STYLING: MARIE PIRAINO



BROOKLINE, MASSACHUSETTS

All rights reserved. No part of this book may be reproduced or transmitted in any manner whatsoever without written permission from the publisher, except in the case of brief quotations embodied in critical articles or reviews.

AMERICA'S TEST KITCHEN

17 Station Street, Brookline, MA 02445

Library of Congress Cataloging-in-Publication Data

100 recipes : the absolute best ways to make the true essentials / the editors at America's Test Kitchen; photography, Carl Tremblay; food styling, Marie Piraino.

pages cm

ISBN 978-1-940352-01-5 (hardback)

1. Cooking. I. America's Test Kitchen (Firm) II. Title: One hundred recipes.

TX714.A1825 2015

641.5--dc23

2015018863

eBook ISBN 978-1-940352-33-6

DISTRIBUTED BY

Penguin Random House Publisher Services

Tel. 800.733.3000

PICTURED AFTER COVER PAGE: [Tortilla Soup](#)

PICTURED BEFORE TITLE PAGE: [French Chicken in a Pot](#)

PICTURED BEFORE CONTENTS PAGE: [Chocolate Cupcakes with Ganache Filling](#)



EDITORIAL DIRECTOR: Jack Bishop

EDITORIAL DIRECTOR, BOOKS: Elizabeth Carduff

EXECUTIVE FOOD EDITOR: Julia Collin Davison

EXECUTIVE EDITOR: Lori Galvin

SENIOR EDITOR: Debra Hudak

ASSISTANT EDITOR: Rachel Greenhaus

EDITORIAL ASSISTANT: Samantha Ronan

BOOK DESIGN: Amy Klee

DESIGN DIRECTOR: Greg Galvan

ART DIRECTOR: Carole Goodman

DEPUTY ART DIRECTOR: Taylor Argenzio

GRAPHIC DESIGNER: Jen Kanavos Hoffman

PHOTOGRAPHY DIRECTOR: Julie Cote

ASSOCIATE ART DIRECTOR, PHOTOGRAPHY: Steve Klise

PHOTOGRAPHER: Carl Tremblay

STAFF PHOTOGRAPHER: Daniel J. van Ackere

CAST PHOTOGRAPH: Christopher Churchill

FOOD STYLING: Marie Piraino

PHOTOSHOOT KITCHEN TEAM:

ASSOCIATE EDITOR: Chris O'Connor

TEST COOK: Daniel Cellucci

ASSISTANT TEST COOKS: Allison Berkey and Matthew Fairman

PRODUCTION DIRECTOR: Guy Rochford

SENIOR PRODUCTION MANAGER: Jessica Quirk

PRODUCTION MANAGER: Christine Walsh

IMAGING MANAGER: Lauren Robbins

PRODUCTION AND IMAGING SPECIALISTS: Heather Dube, Sean MacDonald, Dennis Noble, and Jessica Voas

PROJECT MANAGER: Britt Dresser

COPY EDITOR: Cheryl Redmond

PROOFREADER: Elizabeth Wray Emery

INDEXER: Elizabeth Parson

v4.1

a



Contents

Cover

Also by the Editors at America's Test Kitchen

Title Page

Copyright

WELCOME TO AMERICA'S TEST KITCHEN

PREFACE BY CHRISTOPHER KIMBALL

INTRODUCTION

THE LIST OF LISTS

THE ABSOLUTE ESSENTIALS

THE SURPRISING ESSENTIALS

THE GLOBAL ESSENTIALS

A NOTE ON CONVERSIONS

INDEX



The Absolute Essentials

CLASSIC RECIPES THAT REALLY MATTER

- 1 Scrambled Eggs
- 2 Fried Eggs
- 3 Omelet
- 4 Vinaigrette
- 5 Spaghetti with Garlic and Oil
- 6 Pesto
- 7 Tomato Sauce
- 8 Spaghetti and Meatballs
- 9 Macaroni and Cheese
- 10 Mashed Potatoes
- 11 Roasted Potatoes
- 12 Rice Pilaf
- 13 Roasted Broccoli
- 14 Grilled Cheese
- 15 Pancakes and Bacon
- 16 Pan-Seared Chicken Breasts
- 17 Roast Chicken
- 18 Stir-Fried Beef and Broccoli
- 19 Beef Tenderloin
- 20 Steak
- 21 Breaded Pork Chops
- 22 Pork Roast
- 23 Fried Fish
- 24 Pan-Seared Shrimp

- 25 Pot Roast
- 26 ~~Barbecued Chicken~~
- 27 Chicken Soup
- 28 Chili
- 29 Burgers
- 30 Turkey
- 31 Ham
- 32 Biscuits
- 33 Cornbread
- 34 Chocolate Chip Cookies
- 35 Brownies
- 36 Holiday Cookies
- 37 Blueberry Pie

The Surprising Essentials

INNOVATIVE RECIPES YOU DIDN'T KNOW YOU NEEDED

- 38 Poached Chicken
- 39 Chicken in a Pot
- 40 Pulled Chicken
- 41 Chicken Stew
- 42 Poached Salmon
- 43 Blackened Fish
- 44 Grilled Steak
- 45 Beef Burgundy
- 46 Roast Beef
- 47 Roast Pork
- 48 Grilled Pork Tenderloin
- 49 Spaghetti with Pecorino and Pepper
- 50 Pasta Primavera
- 51 Manicotti
- 52 Lasagna
- 53 Pasta with Fresh Tomatoes
- 54 Potato Salad
- 55 Composed Salad
- 56 Cheese Soufflé
- 57 Cauliflower Soup
- 58 Tomato Soup
- 59 Vegetable Soup
- 60 Vegetarian Chili
- 61 Braised Potatoes
- 62 Sweet Potatoes
- 63 Carrots
- 64 Quinoa
- 65 Polenta
- 66 Rustic Bread
- 67 Banana Bread
- 68 Apple Pie
- 69 Yellow Layer Cake
- 70 Chocolate Cupcakes

The Global Essentials

EXCITING RECIPES THAT BRING THE WORLD TO YOUR KITCHEN

- 71 Rice and Beans
- 72 Rice and Lentils
- 73 Fried Rice
- 74 Paella
- 75 Risotto
- 76 Potstickers
- 77 Fish Tacos
- 78 Corn on the Cob
- 79 Vegetable Curry
- 80 Tuscan Bean Stew
- 81 Peruvian Roast Chicken
- 82 Chicken Tagine
- 83 Tandoori Chicken
- 84 Chicken Adobo
- 85 Thai Basil Chicken
- 86 Chicken Souvlaki
- 87 Tortilla Soup
- 88 Enchiladas
- 89 Lo Mein
- 90 Thai Beef Salad
- 91 Pho
- 92 Spanish Beef Stew
- 93 Argentinian Steaks
- 94 Schnitzel
- 95 Tinga
- 96 Scones
- 97 Focaccia
- 98 Italian Almond Cake
- 99 Latin American Flan
- 100 Chocolate Pots de Crème

Welcome to America's Test Kitchen



This book has been tested, written, and edited by the folks at America's Test Kitchen, a very real 2,500-square-foot kitchen located just outside of Boston. It is the home of *Cook's Illustrated* magazine and *Cook's Country* magazine and is the Monday-through-Friday destination for more than four dozen test cooks, editors, food scientists, tasters, and cookware specialists. Our mission is to test recipes over and over again until we understand how and why they work and until we arrive at the "best" version.

We start the process of testing a recipe with a complete lack of preconceptions, which means that we accept no claim, no theory, no technique, and no recipe at face value. We simply assemble as many variations as possible, test a half-dozen of the most promising, and taste the results blind. We then construct our own hybrid recipe and continue to test it, varying ingredients, techniques, and cooking times until we reach a consensus. The result, we hope, is the best version of a particular recipe, but we realize that only you can be the final judge of our success (or failure). As we like to say in the test kitchen, "We make the mistakes, so you don't have to."

All of this would not be possible without a belief that good cooking, much like good music, is indeed based on a foundation of objective technique. Some people like spicy foods and others don't, but there is a right way to sauté, there is a best way to cook a pot roast, and there are measurable scientific principles involved in producing perfectly beaten, stable egg whites. This is our ultimate goal: to investigate the fundamental principles of cooking so that you become a better cook. It is as simple as that.

If you're curious to see what goes on behind the scenes at America's Test Kitchen, check out our daily

blog, The Feed, at AmericasTestKitchenFeed.com, which features kitchen snapshots, exclusive recipe video tips, and much more. You can watch us work (in our actual test kitchen) by tuning in to America's Test Kitchen (AmericasTestKitchen.com) or Cook's Country from America's Test Kitchen (CooksCountryTV.com) on public television. Tune in to America's Test Kitchen Radio (ATKradio.com) on public radio to listen to insightful tips, and techniques that illuminate the truth about real home cooking. Want to hone your cooking skills or finally learn how to bake—from an America's Test Kitchen test cook? Enroll in a cooking class at our online cooking school at OnlineCookingSchool.com. And find information about subscribing to Cook's Illustrated magazine at CooksIllustrated.com or Cook's Country magazine at CooksCountry.com. Both magazines are published every other month. However you choose to visit us, we welcome you into our kitchen, where you can stand by our side as we test our way to the best recipes in America.

 [FACEBOOK.COM/AMERICASTESTKITCHEN](https://www.facebook.com/AmericasTestKitchen)

 [TWITTER.COM/TESTKITCHEN](https://twitter.com/TESTKITCHEN)

 [YOUTUBE.COM/AMERICASTESTKITCHEN](https://www.youtube.com/AmericasTestKitchen)

 [INSTAGRAM.COM/TESTKITCHEN](https://www.instagram.com/TESTKITCHEN)

 [PINTEREST.COM/TESTKITCHEN](https://www.pinterest.com/TESTKITCHEN)

 AMERICASTESTKITCHEN.TUMBLR.COM

 [GOOGLE.COM/+AMERICASTESTKITCHEN](https://www.google.com/+AmericasTestKitchen)

Preface

I grew up spending summers in Vermont and learned to cook from Marie Briggs, the town baker. She could make a roast, baked potatoes, gravy, a few vegetables, and a whole array of fabulous baked goods from anadama bread to molasses cookies, from apple pie to baking powder biscuits. After she passed, I was given her recipes. The surprising thing is that she didn't have that many—just 50 to 75 index cards.

After many decades of home cooking, I have come to the same conclusion that Marie did, that cooking is based on a handful of fundamental principles and building block recipes that teach you most of what you need to know: a stew, a braise, how to steam, a few quick breads, a sauté, a yellow cake, a simple soup, etc. Once you understand how to make a stew, you can make almost any stew.

The problem is that you want these building block recipes to represent the very best way of doing something. There are a thousand ways to roast a chicken, but only a few really good methods, the recipes that are foolproof and turn out the best results. And if you want to cook carrots or grill burgers, you want to know that someone has tested every possible method of cooking those foods so that you have the very best approach at your fingertips.

This is where America's Test Kitchen can be valuable. We really do test a recipe 30 times, 40 times, even 50 up to 100 times. This doesn't mean that we have the only way of preparing a particular recipe but we do have the most foolproof method, the one that you can count on the first time, every time. If we are a tiny bit lucky, we come across game changers, new techniques that make a particular recipe that much better or dependable than other approaches, whether it is to add grated apple to blueberry pie filling (the pectin acts as a natural thickener) or to start steaks and roasts in a low oven to turbo-age the meat using the action of enzymes that break down the protein for more flavor and better texture.

This list of 100 recipes not only covers the bases in terms of what skills and techniques ought to be at the fingertips of a good home cook, it's also a list of our greatest hits—recipes where we think that the test kitchen has added real value and has explored new territory. Put simply, these are the recipes that changed how each of us here at the test kitchen cook at home.

So we can argue about whether a Spanish beef stew should be on the list but the notion of not browning beef for a stew, cooking it with the top off in the oven, and then using a ground-almond thickener, a *pica* was revelatory for us. We became better cooks and learned techniques that we applied to other recipes.

Here's how I would use this book: Pick the 10 recipes that you are most likely to make time and time again. Make them until you don't need to look at the recipe instructions (nobody remembers ingredient lists!). Now you have become a real cook—you can cook without a recipe and you understand the core principles. Then take another 10 recipes...

If you can cook 20 of the recipes in this book without referring to the instructions then you are now a serious cook and more accomplished than 99 percent of your friends and neighbors. It's really that simple.

And that's all you need to know.

Enjoy!

CHRISTOPHER KIMBALL

Founder and Editor,

Cook's Illustrated and *Cook's Country*

Host, America's Test Kitchen and

Cook's Country from America's Test Kitchen

- [download online Lonely Planet Middle East \(Multi Country Travel Guide\)](#)
- [click Emotional Rescue: How to Work with Your Emotions to Transform Hurt and Confusion Into Energy That Empowers You](#)
- [read The Soul Fallacy: What Science Shows We Gain from Letting Go of Our Soul Beliefs](#)
- [download online Twenty Thousand Streets Under the Sky: A London Trilogy \(New York Review Books Classics\) for free](#)
- [download *Electronic Troubleshooting \(4th Edition\)*](#)
- [read online Cool Gulf Coast Cooking: Easy and Fun Regional Recipes \(Cool USA Cooking\)](#)

- <http://crackingscience.org/?library/A-Grid-for-Murder--A-Mystery-by-the-Numbers--Book-3-.pdf>
- <http://www.uverp.it/library/Emotional-Rescue--How-to-Work-with-Your-Emotions-to-Transform-Hurt-and-Confusion-Into-Energy-That-Empowers-You>
- <http://metromekanik.com/ebooks/Ack-Ack-Macaque--Ack-Ack-Macaque--Book-1-.pdf>
- <http://www.gateaerospaceforum.com/?library/External-Mission--The-ANC-in-Exile--1960-1990.pdf>
- <http://sidenoter.com/?ebooks/Electronic-Troubleshooting--4th-Edition-.pdf>
- <http://deltaphenomics.nl/?library/Weekends-with-Daisy.pdf>