

*Foreword by
Thomas Keller*

GUY GOURMET

150+
DELICIOUS
RECIPES

GREAT CHEFS' AMAZING MEALS FOR A LEAN & HEALTHY BODY

*Adina Steiman
& Paul Kita
with the editors of*
Men'sHealth



**GUY
GOURMET**

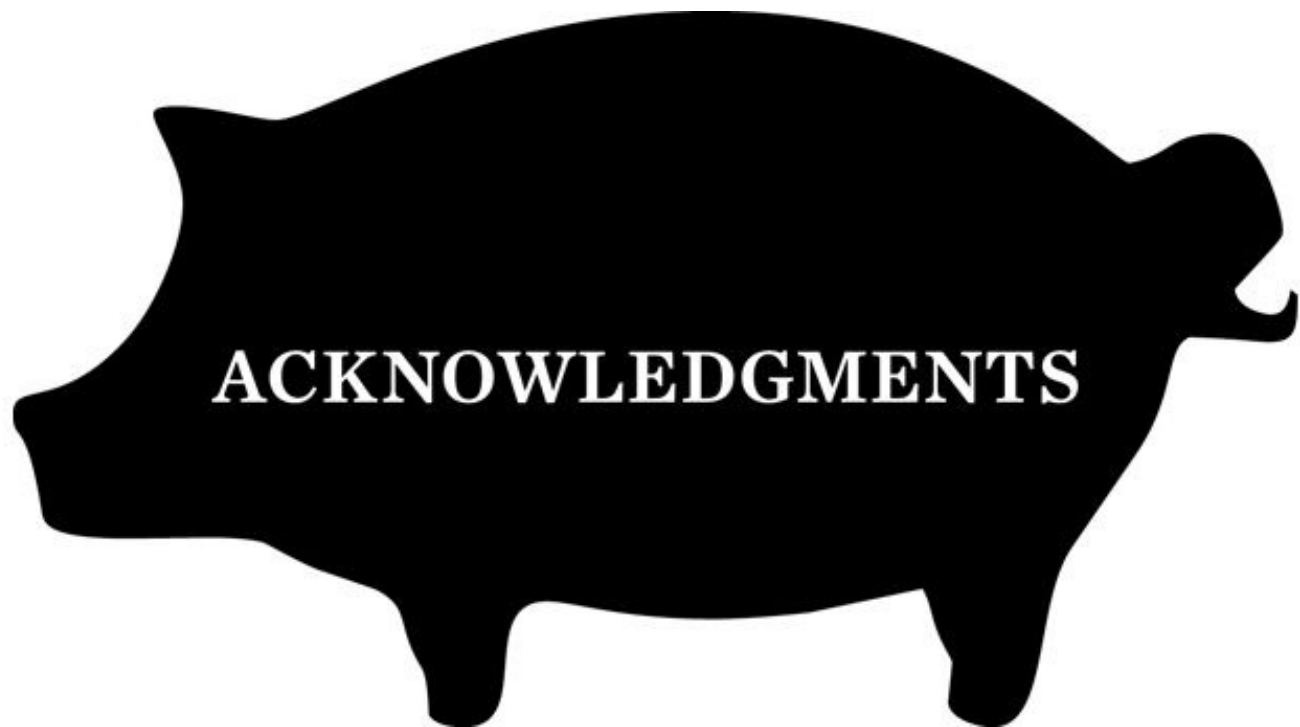
GUY GOURMET

GREAT CHEFS' AMAZING MEALS FOR A LEAN & HEALTHY BODY

Adina Steiman & Paul Kita
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photographs by
Jennifer May



Years of hard work by *Men's Health* editors, researchers, recipe developers, and writers gave us a wealth of material to choose from for this collection. Thanks to all of them, especially former food and nutrition editor Matt Goulding and the always hungry Peter Moore. On this project we relied on the editorial insight, patience, and deep institutional knowledge of our book editor, Jeff Csatari. George Karabotsos and Mike Smith gave the book its brilliant design. Our thanks go out to project editors Erin Williams and Hope Clarke and the team at Rodale Books, including Beth Lamb, Brent Gallenberger, Sara Cox, and Chris Krogermeier for their support and guidance.

Deep appreciation to Chef Thomas Keller for his thoughtful foreword—and constant inspiration. And a special thanks to all the chefs who have shared their recipes with us—and *Men's Health* readers.

From Adina:

To my father, who took me to Reading Terminal Market when I was little and sent me to cooking school when I grew up. To my mother, who shared her love of chicken feet and other delicacies with me. And to my sister, who has grown from coconspirator in childhood taco concoctions to the woman I love to dine with most of all.

From Paul:

My heartfelt thanks to my mother, who taught me a love of cooking, my father, who taught me a love of eating, and the love of my life, who will always cook and eat with me.

CONTENTS

FRONT COVER

ACKNOWLEDGMENTS

FOREWORD

INTRODUCTION

1 WHAT'S COOKING?

Great meals don't happen by accident. They require inspiration, planning, and good ingredients, plus the tools and skills to prepare them right.

2 BREAKFAST

Wake up and smell the protein!

- Green Eggs and Ham
- Make Perfect Omelets
- Pumpkin Pancakes
- Protein-Boosted Oatmeal with Berries
- Almond Pecan Waffles
- Egg, Avocado, and Spicy Mayo Sandwich
- Smoked Salmon and Scrambled Eggs on Toast
- Stuffed French Toast
- Granola, Upgraded
- Skillet Eggs with Leeks and Arugula
- Green Burrito Breakfast
- Huevos Rancheros
- A Java Well Done

3 LUNCH

We've come a long way from the humble PB&J.

- Buffalo Chicken Sandwich
- Grilled Chicken and Pineapple Sandwiches
- Vietnamese Steak Sandwiches
- Asian Beef Salad with Sriracha Honey Dressing
- Fast Open-Faced Sandwiches
- Muscle Salad Matrix
- Do-It-Yourself Dressings
- Gazpacho Chopped Salad with Fresh Mozzarella and Prosciutto

4 MUSCLE SNACKS

Refuel in between main meals to keep your brain and body humming and your fat-burners stoked.

- Guac, Roast Beef, and Swiss Roll-Up
- Artichokes, Roasted Red Peppers, Olives, and Parmesan Cheese Plate
- Watermelon, Cherry Tomatoes, Fresh Mozzarella, and Pesto Skewers
- Baba Ghanoush with Pita Chips
- Honey with Greek Yogurt and Fig
- Pizza Muffins
- Egg Salad Lettuce Wrap
- Prosciutto-Wrapped Melon
- Spicy Roasted Chickpeas

Spicy Oven Fries
Smoky Paprika Kale Chips

Mix Up a Trail Snack
Rosemary Bar Nuts
Chocolate-Covered Pretzels
Better-For-You Beef Jerky
Salute the Kernel!
Snack Matrix
Make the Ultimate Pickle
Smoothie Selector

5 FAST WEEKNIGHT MEALS

When you come home tired and hungry, don't turn to a takeout menu. Just make one of these fast, protein-packed, delicious dinners.

Chili-Mango Chicken
Perfect Stir-Fry
Sweet-and-Sour Pork
Salmon Teriyaki with Asparagus
General Tso's Chicken with Broccoli
Asian Dumpling Bowl
Thai Beef Lettuce Wraps
Creamy Corn-Potato Chowder
Creamy Spinach-Mushroom Soup
Buttermilk Pea Soup
Spinach Salad with Corn, Shiitakes, and Bacon
Spicy Broccoli with Salami and Fried Egg
Italian Seafood Stew
Quick Chicken Adobo and Black Bean Tacos
Chipotle Shrimp with Cilantro
Smoky and Spicy Sausage Heroes
Chicken Cacciatore
Shrimp Creole
Honey-Mustard Salmon with Roasted Asparagus
Blackened Tilapia with Garlic-Lime Butter
Ziti with Asparagus, Prosciutto, and Egg
Spaghetti with Roasted Ragu
Spaghetti with Lima Beans and Goat Cheese Pesto
Linguine with Clams and Cherry Tomatoes
Ziti with Chicken, Mushrooms, and Walnuts
Pasta with Eggplant, Lamb, and Pecorino Romano

6 COOKING FOR A CROWD

Round up the crew. These big-batch meals are designed to feed the masses.

New Orleans Jambalaya
Spicy Monterey Jack and Cheddar Grilled Cheese
Korean BBQ Wings
Lightened-Up Buffalo Wings
Chili-Garlic Wings
Inferno Wings
Sirloin Steaks with Bacon-Blue Cheese Butter
Ancho, Beef, and Bulgur Chili
Four-Alarm Green Chili with Pork
Chunky Tex-Mex Chili
Winter-Vegetable Chili
Carne Asada
Carnitas
Mexican Chorizo

[The Ultimate Guacamole](#)

[Salsa Verde](#)

[Salsa Roja](#)

[Spicy Lamb Meatballs with Tomato Sauce, Olive, and Feta](#)

[Classic Italian Meatballs with Marinara Sauce](#)

[Asian Pork Meatballs with Mango Chutney](#)

[Swedish Meatballs with Mushroom Gravy](#)

[Meal-in-a-Bowl Beef Soup](#)

[Better 'n Mom's Tomato Soup](#)

[Smoky Black Bean Dip](#)

[Caramelized Onion Dip](#)

[Stout Cheese Dip](#)

[Johnnie's Italian Beef](#)

[Chicken-and-Sausage Stew with Greens and White Beans](#)

[Make Chicken Soup from Scratch](#)

[Pair Beer to Food](#)

7 EATING OUTSIDE

From grilling to barbecuing to camp cookery, here's how to make yourself the lord of the fires.

[Balsamic Lamb Chops](#)

[Cedar-Plank Salmon](#)

[Grill a Whole Fish](#)

[Grilled Tuna with Sauce Vierge](#)

[Grilled Fish Tacos with Chipotle Crema](#)

[Backyard Baby Backs](#)

[Rib Rub](#)

[Real BBQ Sauce](#)

[Real Jerk Chicken](#)

[Summer Corn](#)

[Watermelon Salad with Warm Basil Oil](#)

[Memphis Baked Beans](#)

[Cookout Coleslaw](#)

[Potato Salad with Arugula and Bacon](#)

[Build a Better Hot Dog](#)

[Fried-Onion and Cheddar Burgers](#)

[A Veggie Burger Worth Eating](#)

[Ryan Farr's Spicy Lamb Burger with Scallions](#)

[Grilled Soy-Lemon Chicken Under a Brick](#)

[Kebabs](#)

[Smoke Joint Prime Rib](#)

[How to Cook at Camp](#)

[How to Eat a Pine Tree](#)

[Campfire Fish](#)

8 DATE NIGHT

As long as the food is good and you make the evening all about her, you'll earn four stars, chef.

[Seared Scallops with White Beans and Bacon](#)

[Crab Cakes](#)

[Warm Goat Cheese Salad with Fried Egg](#)

[Steak Au Poivre with Roast Potatoes and Green Beans](#)

[Sea Bass with Asparagus](#)

[Chipotle Sweet Potato Fondue](#)

[Orzotto with Burst Tomatoes](#)

[Pollo Alla Diavola](#)

[Chocolate Pot de Crème](#)

[Lemon Semifreddo with Strawberries](#)

[Ice Cream Affogato](#)

9 CELEBRATION MEALS

Party smarter with holiday meals that won't wipe you out or weigh you down.

- Dates with Bacon
- Prosciutto-Wrapped Asparagus with Dijon
- Spicy Cocktail Nuts
- Baby-Spinach Salad with Goat Cheese and Pistachios
- Squash-Apple Soup
- Guinness-Braised Short Ribs
- Pear-Stuffed Pork Roast
- Classic Turkey and Stuffing
- Turkey in a Trash Can
- Chili-Spiced Mashed Sweet Potatoes
- Healthier Green Bean Casserole
- Baked Apples
- Create a Cheese Platter

10 DRINKS

A guide to imbibing.

OLD SCHOOL

- Manhattan
- Bloody Mary
- Hot Toddy
- Old-Fashioned
- Sazerac
- Tom Collins
- Margarita
- Negroni
- Martini
- Whiskey Sour

NEW SCHOOL

- Hemingway Daiquiri
- Mexican Summer Smash
- Watermelon Daiquiri
- French 75
- Gin Rickey
- Presbyterian
- Blood & Sand
- Tequila Go-To
- Ginger Smash
- High Line Cocktail
- Infused Liquor
- Cocktail Matrix
- Best Beers

APPENDIX

ABOUT THE AUTHORS

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BACK COVER



FOREWORD

When man first discovered fire, he was quick to realize that the meats and vegetables he foraged in the wild tasted more appetizing with the application of heat. The high temperature lent a marked improvement in their flavor, texture and mouthfeel. Through trial and error, early man mastered the use of fire and utilized the craft of cooking to feed himself and others to have the energy to hunt and forage again and to thrive. In the modern world, we have transcended this natural instinct to prepare food solely for sustenance. We now cook for a myriad of reasons: to entertain, to relax, to bond, to impress, to fulfill our desire to nurture—even to seduce.

The dishes and recipes included in *Guy Gourmet*, the cookbook from *Men's Health* magazine, are a must for one's own survival today. They are important to master not only because they are healthful meals that taste wonderful, but because they will become a springboard for more complex cooking techniques. As with anything worthwhile, practice makes all the difference. It is only through the act of repetition that we develop muscle memory. Once our bodies become accustomed to the proper way of doing something, our brains are free to be inspired by everything else around us. We become adept at interpreting these recipes into something that is meaningful and personal to us, and in the process we evolve into better cooks ourselves.

Preparing good food begins with mastering simple skills that all chefs rely upon every day, skills like [breaking down a chicken](#), [grilling fish](#) so it stays moist, knowing the tricks to cooking for more than four people (see [Cooking for a Crowd](#), chapter 6), and even [poaching an egg](#). If you want to enjoy [Sirloin Steaks with Bacon–Blue Cheese Butter](#) the way The Meat Hook in Brooklyn does them, you need to start with a slab of sirloin and cut them yourself. To impress her with an [affogato](#), it's all about the way to drizzle the hot espresso over the vanilla ice cream.

The resulting successes we encounter through practice and repetition give us the confidence and the courage to try new things. (Be sure to try Eric Ripert's delicious [Grilled Tuna with Sauce Vierge](#).) Cooking is a life skill that will reap tremendous rewards—whether preparing us for crafting more

intricate dishes or, more important, in learning how to cook healthier to achieve a balanced lifestyle. Raising our own awareness of what we put into our bodies ensures that the food we consume is nutritious and beneficial.

For these compelling reasons and perhaps a few of your own, it is time to browse through the index of these thoughtfully selected recipes, tie on an apron, and sharpen your knife. Enjoy the cooking process while forging ahead. Because, as our ancestors have certainly proven, trial and error can lead to many great accomplishments.

Thomas Keller

THE FRENCH LAUNDRY



INTRODUCTION

PASS

THE NAPKINS

We love to eat. We love to cook. We love the way good food, prepared ourselves, makes us feel inside—whole, if not healthier. In the past 5 years, food and cooking have become increasingly important to the *Men's Health* brand—in our magazine, in our books and digital products, and in our 43 international editions.

Men's Health has always been a leader in reporting and writing about nutrition and the power of food to fuel and heal our bodies. But man does not live on steel-cut oatmeal and sockeye salmon alone. He needs . . . chili and steak, chicken soup and jambalaya. He must, on occasion, have barbecued ribs. And hot dogs, upgraded with gourmet toppings.

Yeah, even hot dogs. Because in our world, healthy eating means indulging in one of life's greatest joys—that is, lusciously decadent and satisfying food—some of the time, while eating lots of plants, fresh proteins, and other whole foods most of the time. It's about creating a healthy balance in an American diet that is heavily weighted toward the fast and processed.

So this cookbook, *Guy Gourmet*, is not a diet book despite the fact that it comes from Rodale, the world's leading seller of health books and publisher of *Men's Health*, *Women's Health*, and *Prevention* magazines. Its purpose is not to help you lose 30 pounds in 30 days. You won't find recipes substituting margarine for butter or nonfat cheese for the good stuff. In fact, you'll even bump into a few meals that might make a cardiologist wince even as he licks his lips and reaches for a fork. That said, if you take the recipes from this book and work them into your regular mealtime routine, you'll see benefits. You'll know exactly what ingredients you're putting into your body (you chopped them up!), you'll feast on delicious vegetables (cooked the way you like them), and, yes, we can almost guarantee that you will lose weight and build muscle by swapping your current meal plan for more *Guy Gourmet* fare. (Look for the recipes tagged with icons indicating extra health benefits!)

How can we be so sure about our grilled cheese and hardy side dishes? Well, consider this: If you cook more of your meals at home, you'll eat fewer meals outside your home, where a line cook hidden behind a wall is dishing up who-knows-what's-inside. Government studies have shown that when Americans eat a meal at a restaurant, they consume more calories and eat less nutritious food than they would if they prepared a meal and ate at home. Replace fast-food stops with home-cooked meals, and you'll save hundreds of empty calories, fill up on more nutrients, and start trimming some inches off your waistline. Heck, cook at home and you can still have dessert!

Call it a tastier approach to losing weight and being healthier by eating better food. Delicious food. Remember, many of the recipes and tips inside this book come from the top chefs in the nation—cooks like Eric Ripert, Tyler Florence, Rick Bayless, Thomas Keller, John Besh, and Iron Chef Masaharu Morimoto. So, as a bonus, you'll be learning from the best of the best.

And once you start cooking more for yourself, other people reap the benefits, too. You'll be the customer who knows how to talk to his butcher. You'll be the man who melts a woman's heart with homemade pancakes on a Sunday. You'll be the guy who dishes out bowls of his famous chili at halftime, to rave reviews. And who doesn't want to be that guy?

A top-down view of a kitchen counter. In the upper left, there is a clear glass of water. In the center, a dark, well-used frying pan is placed. A yellow banner with black text is curved across the top of the pan. The main title 'WHAT'S COOKING?' is written in large, white, textured letters across the middle of the pan. Below it, a quote in a smaller, white, italicized font is centered. The background is a light-colored, slightly textured surface.

EAT TO LIVE, LIVE TO EAT

WHAT'S COOKING?

Great meals don't happen by accident. They require inspiration, planning, and good ingredients, plus the tools and skills to prepare them right.

Eating better starts long before you lift a fork. The first step is

understanding what good food is and what healthier eating really means.
After all, the advice seems to change with the weather, which results in a lot of confusion. Let's clear things up.

IF YOU WANT TO EAT HEALTHIER (*and lose some weight*), EAT LESS.

You can eat really well and not have to worry about counting calories if you stick to a proper serving size. Most of us don't understand portion control. We're eating double and even triple serving sizes, certainly at restaurants but even at home. Wait a couple of minutes before automatically reaching for seconds. The craving will likely pass.

NOT ALL CALORIES ARE CREATED EQUAL.

Your body's fuel comes from three sources: protein, carbohydrates, and fat. Your body metabolizes each of these macronutrients differently. For example, for every 100 carbohydrate calories you consume, your body expends only 5 to 10 in the process of digestion. This is officially called the thermic effect of food. By contrast, protein is the calorie-burn champ: For every 100 protein calories you consume, your body uses up 20 to 30 calories just to break that protein down. So, by eating protein instead of carbs, your body will end up with fewer calories to store after digestion is done. Fat is another story: Metabolizing fat requires even fewer calories than carbohydrates, about 3 for every 100 calories. But fat is more satiating than carbohydrates are. This nutrient stays in the gut longer, so it keeps you feeling full so you can say no to seconds. Protein keeps you full longer, too, and since it burns the most calories during digestion, it should figure into most of your meals.

As a general target, shoot for 20 to 40 grams of protein at each meal. Protein is a muscle builder. If you're looking to bulk up, your protein goal should be higher—about 1 gram of protein for each pound of target body weight you want to reach. It also matters what kind of protein you're eating. Many foods, including nuts and beans, can provide a good dose of protein. But the best sources are dairy products, eggs, meat, and fish. Animal protein is complete—it contains the right proportions of the essential amino acids your body can't synthesize on its own.

FAT IS NOT YOUR FOE.

It's unfortunate that dietary fat and the fat rolling over a fat man's belt are called the same thing. Many people still believe that eating fat will make you fat. It's a myth, caused by the demonizing of dietary fat by researchers who connected it to high cholesterol and heart disease. Unfortunately, the low-fat craze this thinking spawned substituted more sugar and refined grains for fats in our diets. Since 1971, intake of these unhealthy foods has expanded our daily calorie total by 168—and by extension, our waistlines.

Dietary fat is essential to good health. Omega-3 fats from oily fish are good for the heart and the brain. Monounsaturated fats, like those found in avocados and olive oil, will help improve your cholesterol profile and ease inflammation and arthritis symptoms. Even saturated fats, such as those found in steak, dark meat chicken, bacon, and butter, are important for good health. Research shows that saturated fat does not raise bad cholesterol levels. Plus, don't forget that fat makes foods taste great!

SUGAR IS DEADLY.

If you want to point a finger at the true type 2 diabetes culprit, it's sugar, sweet beverages like soda and juice, high-fructose corn syrup, white bread and other refined grains, and baked goods. Here's the problem with these foods: Their sugars enter your bloodstream very rapidly. When you drink a can of soda, all of its sugar—all 12 to 20 teaspoons—goes directly into your blood, and those calories that you don't use immediately for energy will be stored as fat. This can lead to insulin resistance and diabetes, as the sugar overload overwhelms your body's ability to bring your blood sugar levels back to normal.

FIBER MAKES SUGARS SAFE.

Kidney beans contain sugar. But if you eat a soda's worth of sugar in kidney beans, it won't have the same dangerous effect as the liquid. That's because the sugar from kidney beans enters your blood slowly, thanks to the fiber content in those beans. Because it passes through your body undigested, fiber slows the absorption of sugar and other nutrients and makes you feel fuller longer, according to a study by researchers at the University of Minnesota. You don't need to eat bowls of beans and bran flakes every day to achieve this effect—just aim for 25 to 35 grams of fiber daily. Favor whole, unprocessed foods like most fruits and vegetables, legumes, and whole grains.

SALT ISN'T ALWAYS EVIL.

Actually, salt is essential to your health. Your body can't make it, and your cells need it to function. The sodium in salt is an electrolyte, a humble member of that hyped class of minerals that help maintain muscle function and hydration; that's why sports drinks contain sodium. You're constantly losing sodium through sweat and urine, and if you don't replenish that sodium and water, your blood pressure may drop far enough to make you dizzy and light-headed. If you have high blood pressure, you've probably been advised to cut back on salt. The mechanism seems clear: Sodium causes your blood to hold more water, so your heart has to pump harder, making your blood pressure rise. But what if you're a healthy guy? Tossing some salt into your pasta water isn't likely to send your blood pressure soaring. That's because 77 percent of the sodium in the average diet comes from processed and restaurant foods, according to the Centers for Disease Control and Prevention. (Just think about how thirsty you feel about an hour after a fast-food meal.) Only 12 percent of sodium is naturally occurring in foods, and just 5 percent comes from home cooking. Compliments to the chef.

GENTLEMEN, STOCK *your* PANTRY

Want to automatically eat healthier? Stock up on the healthiest foods. From hunting down the right ingredients to storing them skillfully, the strategies you use to bring food into your kitchen can make all the difference.

RULE 1

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