



as seen in
BON APPÉTIT, MARCH 2010

5 EASY WAYS TO EAT MORE VEGGIES P. 32

bon appétit

MARCH 2010

EAT WELL / SAVOR LIFE

UPDATED CLASSICS

DINING
TUNA NOODLE
CASSEROLE
BEEF STROGANOFF
WITH WILD MUSHROOMS
TAMALE PIE
CHICKEN CURRY

PREP SCHOOL /

GOOD TECHNIQUE key lime curd

FROM P. 91

The Key lime curd filling in the Key Lime Meringue Tart is a variation on lemon curd, a creamy topping from Britain and a classic of the sweet kitchen. Here are the crucial steps for making perfect curd. First, whisk the eggs, egg yolks, sugar, Key lime juice, lemon juice, and coarse salt in a small metal bowl to blend. Then:



1/ Set the bowl over a pan of simmering water (don't let the bottom of the bowl touch the water).

2/ Whisk until the curd thickens and an instant-read thermometer registers 140°F for 3 minutes. Whisk constantly to keep the curd from curdling. Don't let it boil.

3/ Remove the bowl from over the water. Whisk in the butter a few cubes at a time, allowing it to melt completely before adding more.

4/ Strain the lime curd through a fine sieve and continue with the tart recipe as directed.



ESSENTIAL TOOL lime squeezer

FROM P. 91

Squeezing the lime juice to make the Key Lime Meringue Tart will go especially easily with a clamp-style citrus squeezer. We love the new "FreshForce" one by Chef'n—powerful, efficient, and heavy-duty, it made quick work of the 18 Key limes we had to squeeze to get 1/3 cup juice (\$20; surlatable.com).

LUSCIOUS
KEY LIME
TART
P. 91

FAVORITE
FLAVOR-PACKED CHEF'S DINNER
PASTA BOLOGNESE
FAMILY-STYLE VEGGIE RISOTTO

