

SPECIAL EASTER & PASSOVER MENUS

bon appétit

APRIL 2009

**65 FRESH
SPRING
RECIPES**

**LOW-COST
BIG-FLAVOR
PIZZA
PARTY**

P. 106

**LUSCIOUS
CAKES**

P. 98

**QUICK
& EASY
ROAST
CHICKEN
DINNER**

P. 56

**MAIN-
COURSE
SALADS**

**VEGGIE
PASTAS**

**STEAK &
POTATO
HASH**

**LIGHT
SOUPS**

**MINI CRAB
CAKES &
MORE**

**GRILLED
CHICKEN
SALAD WITH
TARRAGON
PESTO P. 54**

bonappetit.com

\$4.50US \$9.50FOR

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PLUS
THE NEW DREAM KITCHEN P. 112

FROM
p. 105GOOD FORM/
folding

No baking powder or baking soda is required to make the tender Orange Angel Food Cake on page 105. It's leavened with egg whites—the air that's beaten into the whites allows the cake to rise. When combining the whites with other ingredients, the key to keeping it light and airy is folding: gently blending the flour and the beaten whites. Here are the crucial moves.



1/ Sift $\frac{1}{4}$ of the flour mixture over the beaten egg whites. Don't skip the sifting; dumping, or even spooning, the flour onto the whites can cause them to deflate. Adding the flour in small batches makes it easier to fold in without deflating the egg whites.



2/ Insert the curved side edge of a flexible spatula deep into the mixture and then turn it with your wrist, gently bringing the bottom ingredients over the top. To get the motion right, imagine tracing a large cylinder that's lying on its side.



3/ Turn the bowl with your non-folding hand to reach areas with unblended ingredients. Repeat folding just until ingredients are well incorporated, using thorough but gentle motions—as few as possible. Resist the impulse to stir. *For a video on folding, go to bonappetit.com.*



Well-designed flexible spatulas make easy work of folding.

essential tool/

FLEXIBLE SPATULAS

All rubber and silicone spatulas are not created equal, especially when it comes to folding. Here's what we look for in flexible spatulas.

- A head with thin side edges, for inserting cleanly into mounded egg whites and for scraping bowl sides thoroughly
- Longish handle that's easy to grip
- Nicely curved edge for getting at the bowl sides and for folding with as few motions as possible

KITCHENAID SILICONE MIXER SPATULA

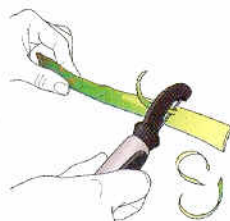
BEST FEATURES/ Super-thin side edges; big head (\$10; amazon.com)

MARIO BATALI RISOTTO SILICONE SPATULA

BEST FEATURES/ Strong curve; vivid colors (\$9; givinggallery.com)

ZYLISS SILICONE SPATULA

BEST FEATURES/ Good-sized head; handle that's easy to hold (\$8; bakedeco.com)



try this/

PEELING ASPARAGUS WITHOUT BREAKING IT

If you're using thick spears for the Pasta with Peas and Asparagus on page 97, you may want to remove the thick skin with a peeler. Instead of breaking off the entire end, lay a spear on the table. Hold it below the tip, pointing toward you. Peel the bottom portion, working away from you. ■