

LIGHT & LUSCIOUS DESSERTS

bon appetit

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Using tongs, transfer lobsters to large rimmed baking sheet. Let stand until cool enough to handle, about 15 minutes.

Twist tails off lobster bodies. Using kitchen shears, cut along each side of ridged membrane on underside of tails. Lift membrane and pull out lobster tail meat. Cut tails in half lengthwise and then crosswise into ¾- to 1-inch chunks. Place tail meat in medium bowl.

Twist claws and knuckles off lobster bodies. Using hammer or mallet, crack claws; pull out meat in 1 chunk. Reserve meat from 4 claws; dice meat from remaining 2 claws and add to bowl with tail meat. Using kitchen shears, cut shell of knuckles lengthwise in half; remove meat. Dice; add to bowl with tail meat. **DO AHEAD** Can be made 8 hours ahead. Cover; chill.

Add ¼ cup (or more) mayonnaise to lobster meat; stir to coat. Season lobster salad with salt and pepper. Brush sides of New England-style buns with some of melted butter. (If using regular hot dog buns, open gently, leaving attached at seam; brush insides with melted butter.) Heat large skillet over medium-high heat. Cook buns on buttered sides until golden brown and crisp, 1 to 2 minutes per side.

Arrange buns on plates; gently press open. Line each with ¼ of lettuce. Top each

with ¼ of lobster salad, meat from 1 lobster claw, sprinkle of green onion, and dash of paprika. Drizzle with melted butter.

Dear *Bon Appétit*,

I had a wonderful lunch at **CULINA**, the restaurant at the Four Seasons Hotel Los Angeles at Beverly Hills. The pasta with asparagus and favas looked great—and tasted even better than it looked.

MARK SCRANTON, *Phoenix, AZ*

GARGANELLI WITH ASPARAGUS, ARTICHOKEs, FAVAS, AND PEAS

PREP 1 hour 10 minutes TOTAL 1 hour 10 minutes

4 SERVINGS “With Italian cooking, the pasta is key,” says Culina chef Victor Casanova. “I try to match the pasta with the sauce and the feel of the dish.” This light, fresh, veggie-packed entrée calls for a delicate pasta. Casanova chose garganelli, which also happens to have ridges that are perfect for grabbing onto the pea puree that serves as the pasta sauce.

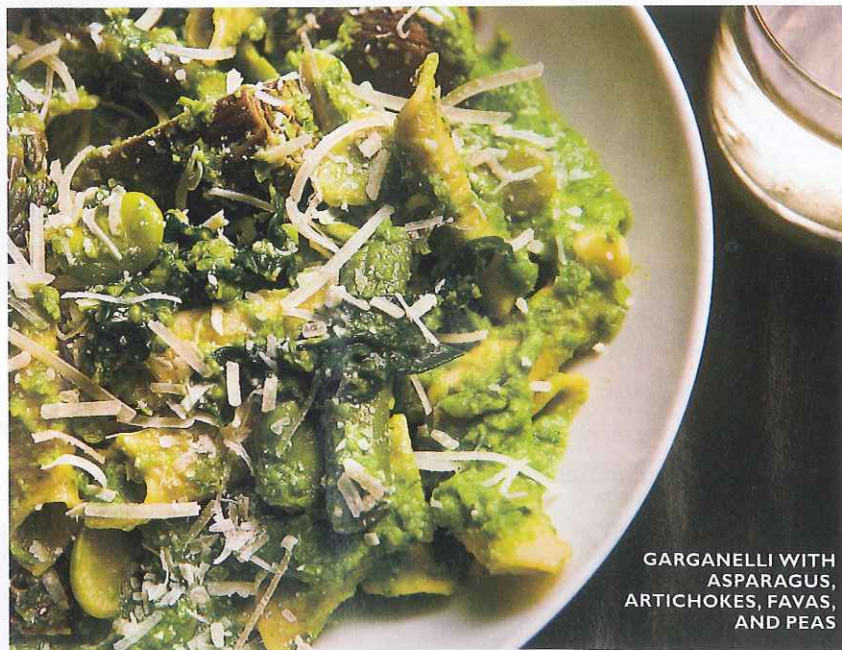
- 1 lemon
- 8 baby artichokes
- 1 tablespoon extra-virgin olive oil

- 1 fresh rosemary sprig
- ¾ pound fresh fava beans in pods, shelled (about ¾ cup beans)
- 8 medium asparagus spears, cut diagonally into 2-inch lengths
- 1 pound garganelli pasta or penne pasta
- 1½ cups shelled fresh English peas or frozen peas, thawed
- ¾ cup (loosely packed) fresh tarragon leaves
- 6 tablespoons (¾ stick) butter, cut into pieces
- 2 cups (packed) fresh spinach
- Freshly grated Parmesan cheese (optional)

INGREDIENT INFO Garganelli may look a lot like penne, but the pasta is actually made by folding the opposite corners of small squares of pasta over each other. Look for garganelli at specialty foods stores and Italian markets. If you can't find garganelli, use penne instead.

Preheat oven to 375°F. Finely grate enough peel from lemon to measure 1 teaspoon; set aside. Cut lemon in half. Squeeze juice from 1 lemon half into bowl of cold water; add lemon half. Working with 1 artichoke at a time, trim off enough tough outer leaves until only pale green leaves remain. Cut off ¾ inch from top; trim stem. Rub all cut surfaces with remaining lemon half to prevent discoloration. Drop artichokes into lemon water. Drain; pat dry. Place artichokes, lemon peel, oil, and rosemary sprig in 9x9x2-inch metal baking pan. Sprinkle with salt and pepper and toss to coat. Cover baking pan tightly with foil and bake until artichokes are tender when heart is pierced with small knife, about 15 minutes. Carefully remove foil from pan (steam will escape).

Meanwhile, bring large saucepan of water to boil. Add fava beans and asparagus. Cook until asparagus is crisp-tender, about 2 minutes; drain. Transfer vegetables to bowl of ice water to cool. Drain and pat dry. Peel fava beans. **DO AHEAD** Artichokes, fava beans, and asparagus can be made 2 hours ahead. Let stand at room temperature. »



GARGANELLI WITH ASPARAGUS, ARTICHOKEs, FAVAS, AND PEAS

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