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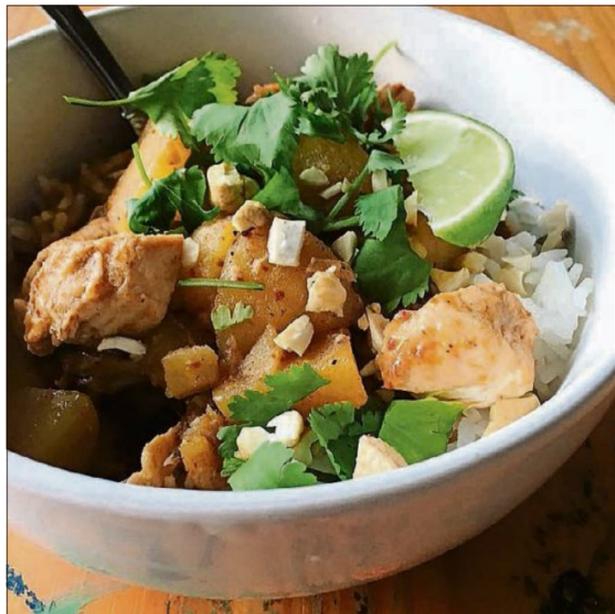
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**ON THURSDAY
FUN SUMMER
READING
IDEAS**

#AUSTIN360COOKS



Massaman curry with chicken and potatoes is easier to make at home than you might think. ADDIE BROYLES/AMERICAN-STATESMAN

How to make the easiest Thai curries with just a couple of cans.

By Addie Broyles
abroyles@statesman.com

I've always loved Thai Fresh. The little neighborhood restaurant on Mary and South Fifth streets in South Austin has been the host of many lunch dates, book club meetings and post-library ice creams over the years, in part because I got to know owner Jam Sanitchat through her food blog when I was starting my own food blog on austin360.com.

And then, for a short while a good number of years ago, my kids' dad worked there. That's how I started to learn some of the methods to make some of Sanitchat's popular dishes, including pad prik king and everyday curries, such as this Massaman

curry with chicken and potatoes. It's now part of a regular rotation of curries that I make and then freeze in individual portions for quick dinners and lunches.

Making that dish reminded me that Thai curries are some of the easiest DIY takeout meals to make at home, as long as you have two key ingredients: a can of Thai curry paste and a can of coconut milk.

Coconut milk is mainstream at this point, and you can find these little 4-ounce cans of Maesri curry pastes at international markets and at Thai Fresh, which also sells the lemongrass and lime leaves you'd need to make your own. I keep these store-bought pastes

Curries continued on D7



How long can you leave groceries in the car? It depends what's in the bags, but for perishables, no more than an hour on a really hot day. ADDIE BROYLES / AMERICAN-STATESMAN

How long can I leave groceries in the car on a hot day?

By Addie Broyles
Relish Austin

Austin traffic plus hot afternoons plus a car full of groceries is a situation that many of us find ourselves troubleshooting during the summer months.

Such scenarios might include:

■ If I stop for groceries on the way to pick up the kids, do I have enough time to go by the library before the ice cream melts or the lunch meat spoils?

■ Raw chicken breasts are on sale at a store near where I work in Austin, but I live in Kyle. Do I need an insulated bag to make it home with them safely?

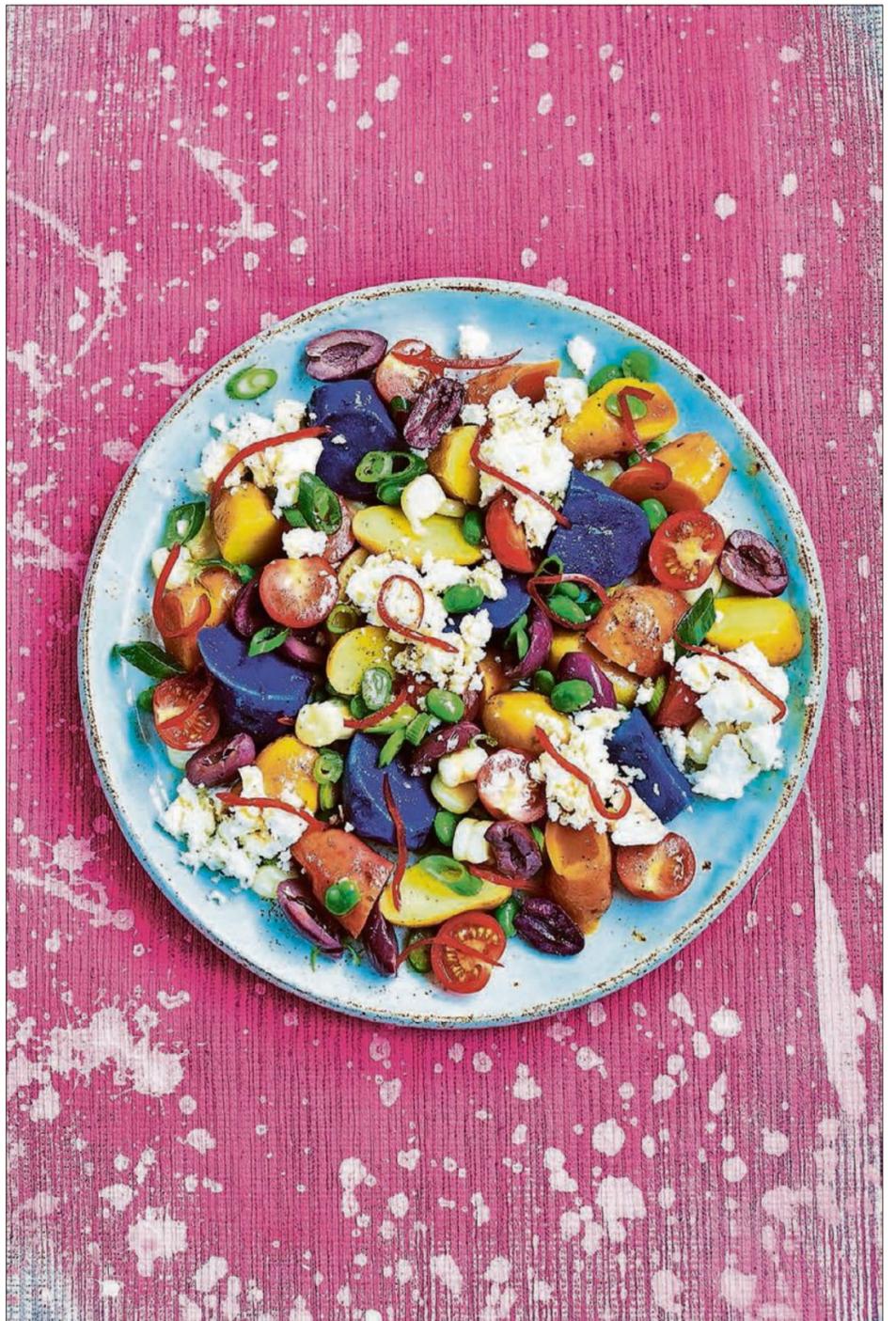
■ Should I store bottles of wine in the backseat, where they might be exposed to the sun, or in the trunk, where the temperatures might be higher?

I reached out to the H-E-B Curbside team to find out how they answer questions like this.

Bacteria love warmth, moisture and nutrients, and a hot car with bags of groceries provides just that. Foods that require refrigeration are the top priority for keeping cool. Frozen foods are a concern, too, but you have less time with refrigerated meats and fresh produce, which can harbor the rapid growth of dangerous bacteria if you're not careful.

Groceries continued on D3

2018 FIFA WORLD CUP



This lima bean salad is known as solterito in Peru. The recipe from "Andina" by Martin Morales makes a light, bright summertime salad that's perfect for a World Cup game. CONTRIBUTED BY DAVID LOFTUS

Global grub

Remembering my dad, his love of food and World Cup fútbol.

By Claudia Alarcón
For the American-Statesman

Every four years, in the middle of the summer, my regular life goes on hiatus. In fact, that is the case for most of the inhabitants of the planet. Whether they are avid fans or just casually interested, the FIFA World Cup captures the full attention of pretty much everyone across the globe. In many ways, the world becomes the World Cup.

For me, the passion for the beautiful game began during childhood as a way to connect with my father, whom I lost two years ago at the age of 93. As kickoff to this year's World Cup approached, and especially with Mexico playing its opening match on Father's Day, a wave of feelings and memories came flooding when I realized this will be my first World Cup without him.

Due to his own less-than-ideal childhood, my father had trouble relating to us. When my brother and I were children, he was not the easiest of guys. He was a stern man who fulfilled his fatherly duties by working hard and providing for his family, but who had great trouble expressing affection and connecting with us on any level. I got plenty of that from Mom, the parent who planted the



Claudia Alarcón's family gathered with her father, right, on what would be his last birthday. He died two years ago at the age of 93, and one of the biggest loves of his life was fútbol and the World Cup. CONTRIBUTED BY CLAUDIA ALARCÓN

seeds for my interest in cooking and my ease at making friends. I am sure I didn't rationalize this at 8 years old, but I somehow figured that to get close to my dad I had to get close to fútbol.

So, alongside my dad, I watched my first World Cup in 1974. Over the next four years, my love for the game grew every Sunday afternoon, watching our Mexican league, Club América. I soaked in the bursts of raw emotion that my father would show when the ref made a bad call or when he would rise up from the sofa, fists up in the air, screaming "GOOOOOOOL" whenever we scored. On occasion, he would surprise us by taking us to Azteca Stadium to watch the game. From my dad,

I learned loyalty.

By 1978, when the Cup was held in Argentina, I was a fútbol addict. I kept a detailed journal describing every single match, minute by minute, with my 14-year-old "expert" commentary interjected in between players' photos clipped from newspapers.

(This childhood treasure was lost forever when my mom threw out the wrong box of things when they had to move to a new apartment, alongside my prized photo album of pictures of me with various América players from the 1970s. Not a day goes by that I don't wish I had brought them to Austin before losing them forever.)

Global continued on D8



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STUFFED CABBAGE (GOLUBTSI)

According to "The Kefir Cookbook" author Julie Smolyansky, Ukrainians and Russians love golubtsi as much as they love kefir and vodka. She writes that this dish is called golubtsi because the little stuffed cabbages resemble doves. (The word for dove in Russian is pronounced golub. Golubtsi, then, means "little doves.") They are labor-intensive but worth it. I made a batch before the World Cup began and enjoyed eating them, even as it got hot outside. You'll get more mileage out of the effort if you make a large batch and freeze half for later.

- For the filling:**
4 tablespoons extra virgin olive oil
½ pound ground beef (80 percent lean)
½ pound ground pork
1 large yellow onion, diced and divided
2 cloves garlic, minced and divided
1 rib celery, diced
1 medium carrot, unpeeled and diced
1 cup cooked brown or white rice (from ½ cup uncooked)
¼ cup chopped fresh parsley
1 teaspoon smoked paprika
Maldon sea salt
1 large egg

- For the sauce:**
1 (28-ounce) can diced tomatoes, such as San



Russia played in the opening game of the 2018 World Cup last week, but the team will have other games this summer. If you want to make a dish to give your watch party a taste of Russia, consider these cabbage rolls from "The Kefir Cookbook" by Julie Smolyansky. CONTRIBUTED BY JENNIFER DAVICK

- Marzano**
1 cup plain whole-milk kefir
1 tablespoon chopped fresh dill

- For the cabbage:**
Kosher salt, for salting the cabbage water
8 to 10 full-size savoy cabbage leaves

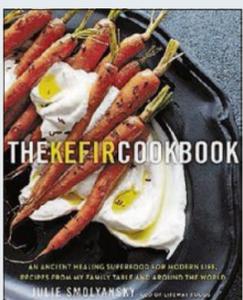
Heat the oven to 375 degrees.

In a saute pan, heat 2 tablespoons of the olive oil over medium heat until slightly shimmering. Carefully add the ground beef and pork and saute until they are browned and cooked through, 5 to 7 minutes. Add half of the diced onion, half of the garlic, the celery and carrot and cook until the vegetables are al dente, 5 to 7 minutes.

Transfer the mixture to a bowl and let it cool for a few minutes, then stir in the rice, parsley, paprika, 1 teaspoon Maldon salt and the egg, mixing thoroughly to incorporate.

To make the sauce, heat 1 tablespoon of the olive oil in a saucepan over medium-high heat. Add the remaining diced onion and garlic and saute

until translucent but not browned, about 5 minutes. Add the tomatoes, reduce the heat to low, and simmer for 15 minutes, adding water as necessary to prevent burning. Remove from the heat and let cool slightly, then transfer to a blender and puree until smooth. Add ½ cup of the kefir and give it a quick pulse in the blender. Lastly, by hand, stir in a pinch



"The Kefir Cookbook" by Julie Smolyansky

of sea salt and the dill. For the cabbage, bring a pot of heavily salted water (it should taste like sea water) to a boil over high heat. Blanch the cabbage leaves in the boiling water for about 1 minute. Remove and drain in a colander, rinsing with cold water to stop the cooking process.

On a cutting board or flat surface, lay out a cabbage leaf, placing about ½ cup of the filling in the center. Wrap the stuffing in the cabbage leaf as you would a burrito. Repeat with the remaining cabbage leaves and stuffing.

In a large Dutch oven, place all the stuffed cabbages in a single layer and cover with the sauce. Cover and bake for 30 minutes. Serve with the sauce. Serves 4.

— From "The Kefir Cookbook: An Ancient Healing Superfood for Modern Life, Recipes from My Family Table and Around the World" by Julie Smolyansky (HarperOne, \$32.99)

Global

continued from D1

Watching fútbol with my dad as an adult became even more of a food-filled affair. He enjoyed sharing a small sampler of crunchy snacks,

such as peanuts or the chipotle-flavored Rancheritos chips. We ate cubed queso fresco, Spanish olives, fried boquerones, chicharron and guacamole, or whatever else was on hand, accompanied by a cold beer and a small glass of tequila - he called this tra-

dition "T-Time," a Mexican version of British high tea.

When I moved to Austin in the mid-1980s, hardly anyone cared about the World Cup. Dog & Duck Pub was one of the only places to catch a game, thanks to then-manager Michael Parker, now

owner of Opal Divine's. But I missed the camaraderie of watching with close friends and family, so in 2002, I started hosting watch parties where I prepared food from the teams that were taking the field each weekend. I still hold this tradition

and usually start researching recipes as soon as the schedule is released.

I am always excited to cook from cuisines I have never explored before, and I thoroughly enjoy the idea of culinarily interesting match-ups, such as the opening game

between host country Russia and Saudi Arabia. I approach the task as a puzzle, mindful of the hour of the match, paying attention to how traditional the recipes are and balancing the food, so we

Global continued on D9

Food & Life

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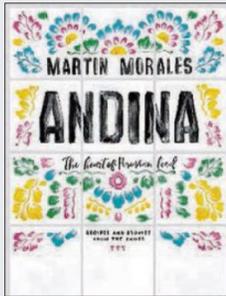
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LIMA BEAN, TOMATO, FRESCO CHEESE AND BOTIJA OLIVE SALAD (SOLTERITO)

Peru plays France around lunchtime Thursday, and this dish will be on my regular summer lunch rotation. "The word solterito means 'unmarried,' and I find it intriguing that this emblematic Arequipa dish gets its name because it was once eaten only by unmarried men," author Martin Morales writes. Light but filling, they say the salad helped loveless bachelors stay svelte while each one searched for a wife. Nowadays, the dish serves as a bright, light lunchtime main dish. "Andina" author Morales offers ingredient substitutions, but you can find some of these specialty products at Fiesta.

— CLAUDIA ALARCÓN



"Andina" by Martin Morales

thinly sliced, to serve
Salt and freshly ground black pepper

First, make the rocoto pepper paste. Heat the oil in a small frying pan over a medium heat. Add the onion and saute for 8 to 10 minutes until soft, then add the pepper or chiles and the garlic and saute for 2 to 3 minutes more to soften. Allow to cool, then use a mini-processor or stick blender to blitz to a paste. Store until needed.

Put all the potatoes in a saucepan and cover with water. Put over high heat and bring to boil. Salt the water and cook the potatoes until tender, about 15 minutes, then drain and allow to cool. Cut into cubes or thick slices.

Bring another saucepan of water to boil over high heat. Salt the water, then add the lima beans and corn and cook for 3 to 4 minutes until just tender. Drain and allow to cool.

Meanwhile, make the dressing. Whisk the olive oil and white wine vinegar together with the rocoto paste and season with salt and pepper. Mix in the parsley leaves and red onion, then set aside. (Store any leftover dressing in a sterilized jar in the fridge for up to 2 weeks.)

To assemble the salad, put the potatoes, lima beans and corn in a bowl with the cherry tomatoes, olives and julienned chile. Add the cheese and dressing, to taste, and stir to combine. Finally, decorate with a sprinkling of spring onions. Serves 4.

— From "Andina: The Heart of Peruvian Food" by Martin Morales (Quadrille, \$35)

CHANTERELLE TOAST WITH POACHED EGGS AND KALE

A boiled egg is a staple on the Swedish breakfast table, and Swedes also love mushrooms, particularly in late summer/early autumn when they are there for the picking in forests and fields. In this year's World Cup, Sweden faces Germany later this week and Mexico on June 27.

- 2 handfuls of kale, stalks removed and leaves torn into bits**
- 1 tablespoon cold-pressed rapeseed oil or olive oil, plus a little extra for drizzling**
- 3 1/2 ounces chanterelle mushrooms or mixed wild mushrooms, torn into chunks**
- 1 garlic clove, very finely chopped**
- 1 small handful of parsley, roughly chopped**
- 2 large eggs**
- 1 tablespoon white wine vinegar**
- 2 slices of sourdough bread**

Bring a large pan of water to the boil. Blanch the kale for a minute or two, then remove with a slotted spoon and drain, squeezing out any excess water. Keep the water simmering to cook the eggs.

Heat the oil in a large saucepan and add the mushrooms, taking care



Sweden has several big games slated for this year's World Cup, and for the games that start around breakfast or brunch, these poached eggs with mushrooms will give your watch party a taste of Scandinavia. CONTRIBUTED BY YUKI SUGIURA

not to overcrowd them. Fry for 4 to 5 minutes until golden and softened.

Add the garlic to the pan and fry for 1 minute. Add the kale and stir, cooking for several minutes

until all of the water has evaporated and the leaves starts to dry up. Season with salt and pepper and sprinkle in most of the parsley.

Meanwhile, crack the



"Lagom: The Swedish Art of Eating Harmoniously" by Steffi Knowles-Dellner

eggs into a couple of ramekins or cups. Add the vinegar to the pan of simmering water and swirl with a spoon to create a whirlpool. Hold the ramekin close to the surface of the water and quickly tip 1 egg into the swirling water. Increase the heat slightly and poach the egg for 2 minutes until set. Remove and set aside while you repeat with the other egg.

Toast the sourdough and drizzle with a little more oil. Divide the mushrooms and kale between the toasts, then top with the poached eggs. Sprinkle with a little more parsley and a good grinding of black pepper. Serves 2.

— From "Lagom: The Swedish Art of Eating Harmoniously" by Steffi Knowles-Dellner (Quadrille, \$29.99)

CRISPY GREEN BEANS IN SESAME

Japan is always an interesting team to watch, and they'll face Senegal later this week. This crispy green bean dish would offer a nice contrast to the spice of Senegalese food. The white sesame seeds are subtle in flavor and pair well with the saltier, though lighter in color, soy sauce called usukuchi shoyu. It is possible to use the more common dark soy sauce instead.

- 14 ounces green beans, stems removed**
- 6 tablespoons white sesame seeds**
- 2 tablespoons usukuchi shoyu**
- 2 tablespoons mirin**
- 1 pinch flaky salt**

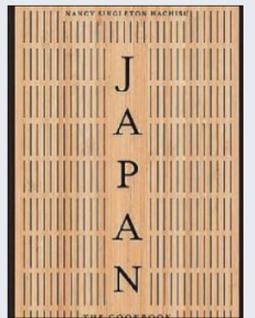
In a pot of boiling salted water, blanch the green beans for 30 to 90 seconds, depending on thickness. (They should only be half cooked.) Refresh under cold, running water until cool to the touch. Drain, shake off and pat dry in a clean tea towel. Cut on the diagonal into 1 1/2-inch pieces. If unusually thick, make acute diagonal cuts so the



These crispy green beans with sesame seeds are from "Japan: The Cookbook." CONTRIBUTED BY JENNIFER MAY

pieces are thinner. In a small, dry frying

pan, toast the sesame seeds over medium heat



"Japan: The Cookbook" by Nancy Singleton Hachisu

until fragrant, shaking the pan and lifting off the heat if needed to avoid scorching. Transfer immediately to a suribachi, a traditional Japanese grinding bowl, or a spice/nut grinder and process until the oils come out. Stir in the usukuchi shoyu, mirin and salt until smooth, taking care to scrape down the sides, so as to not leave any precious sesame particles. Toss the green beans with the dressing and serve. Serves 4 to 6.

— From "Japan: The Cookbook" by Nancy Singleton Hachisu (Phaidon, \$49.95)

Global

continued from D8

don't have too many meat or egg dishes for the same game, for instance. I often rely on friends who come from or have roots in any of the contending countries, and I usually ask they bring a

dish if they are coming over.

My dad may have been hard to bond with on a more personal level, but we shared the love and passion for this wonderful sport for most of my 53 years. I will miss calling him at the day's end to discuss the matches, but he will be with me in spirit, every day, for T-Time.

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