

Sw.

ne

The |

cook. Here are the tricks we turn to ever

BY SHANNON FRIEDMANN HATCH

Proofing Bread Dough Jury-rigging a proofing box in your oven is faster than waiting for dough to rise at room temperature. Adjust an oven rack to the middle position and place a loaf or cake pan in the bottom of the oven. Place the dough on the middle rack and pour 3 cups of boiling water into the pan. Close the oven door and allow the dough to rise as instructed. If you limit the time that the oven door is open, the proof box can be used for both the first and second rise without need to refresh the water.

mart Kitchen

Having a few specialized techniques up your sleeve will make you a better, more efficient y day to make our kitchen work faster and easier.

etfs

TTL

Chilling White Wine

Wrap the bottle in a wet kitchen towel and place it in the freezer. Since cooling occurs when heat is transferred away from an item, the water in the towel—a much more efficient conductor of heat than air—will quickly freeze, dropping the temperature of the wine to 50 degrees In only 30 minutes. (Note:

La Yih

= O) K

OR N DA Softening Butter

Cutting butter into cubes is one way to hasten softening, but this trick is even faster; Place the cold butter in a plastic bag and use a rolling pin to pound it to the desired consistency in a matter of seconds.

a

Boiling Water

Speed the tedious process of boiling water by dividing the water into two pots, one large enough to hold the total amount of water. When both vessels are boiling, carefully pour the water from

the smaller pot into the larger and proceed as directed.

Aerating Red Wine Ses” Decanting a wine for several hours exposes much of its surface area to oxygen, which breaks down tannins and sulfur compounds, softening harsh flavors. Pouring the wine from one pitcher to another |5 times achieves the same effect in seconds.

g Pastry Creams and Puddings

The towel will be frozen solid. To To speed the cooling process, spread release it, place it briefly under out the pastry cream or pudding warm running water.) across a rimmed, parchment paper—

covered baking pan, and then cover

it with another piece of parchment A Quick Dip to Warm Up to prevent a skin from forming. Snip Thawing frozen meat and taking the chill off of refrigerator-cold food can require a number of holes in the top layer of hours—even days. Here’s how a water bath can help. parchment to allow steam to escape.

TIME

5 minutes

FOOD METHOD

\$i

Place whole eggs in |25-degree water to cover.

Eggs

Submerge foil-wrapped package in 10 minutes

80-degree water to cover.

‘Soft, creamy cheeses Place cheese in a zipper-lock bag in 4 About | hour, Ripening Rock-Hard Fruit

Cream cheese

i EB BAB Ree ABE BABE ee ee eee

! Climacteric fruits (including apples, “ - : i -d ter, or until cheese 1 = 7 Com Bee a hehe peehi et renches Tidemress apricots, avocados, bananas, mangos, | Cooking Brown Rice amem| 2 1 : . + ; = nectarines, peaches, pears, plums,and | — Pre-soaking brown rice will trim cook-

Thin cuts of frozen Seal frozen meat in a zipper-lock Chicken thaws In tomatoes) ripen off the plant once ting time==if you can plan ahead!

meat (such as bag and submerge it in very hot
fess than 6mm their ethylene—a colorless, odorless
Place the rice and premeasured room

chicken breasts, (140-degree) water. Utes, others
gas—content reaches a certain level. | temperature
water (1/4 cups of i steaks, and chops) roughiyAl
Zee Hasten ripening by storing unripe fruit | water
per cup of rice) directly into a

Frozen turkey Place turkey in a bucket of cold
water, 30 minutes per in a brown paper bag with
ripe fruit | pot or rice cooker and let it soak for

changing the water every 30 minutes. pound al-
ready producing copious amounts 6 to 24 hours.
Cook for 30 minutes ’

as directed, adding salt if desired.

of ethylene, such as bananas.

COOK’S ILLUSTRATED

16

q t i i i

er ea a) » he =