

30 HEALTHY RECIPES **FOOD & WINE**

FEBRUARY 2015

Escarole Salad
with Red Quinoa
and Hazelnuts
RECIPE P. 76

**GOOD FATS
GREAT GREENS
ALT CARBS**

**CHICKEN
CHILE VERDE**
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**CRISPY
SALMON WITH
CARAWAY**
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**GLUTEN-FREE
FUDGY
CHOCOLATE
CAKES**
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**THE
BIGGEST
TREND
IN RED
WINE**
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**BEST
SUPER
BOWL
SNACKS**
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RECIPE REQUEST

MOST WANTED



DID YOU KNOW?

Colicchio proposed to his wife, filmmaker Lori Silverbush, while they were waiting for pastrami sandwiches at 2nd Ave Deli in Manhattan.

TOM COLICCHIO'S CIDER-BRAISED CABBAGE WEDGES

FOR YEARS, TOM COLICCHIO has been one of the food world's most avid fishermen. Now he's found a new passion: growing vegetables. "It's cutting into my fishing time," jokes the *Top Chef* judge and F&W Best New Chef 1991 about work on the ever-expanding garden at his house on the North Fork of Long Island in New York. Colicchio shows his love for vegetables at all of his restaurants, including his flagship Craft in New York City, where this hearty braised cabbage is a favorite. He cooks the green cabbage with bacon and both apple cider and apple cider vinegar until it's tender, tangy and sweet (p. 103). Vegetables will also be the focus when Colicchio opens Beachcraft at 1 Hotel in Miami's South Beach. Will he start a garden in Florida? "I'm thinking about it," he says. —KATE KRADER

PHOTOGRAPH: JOHN KERNICK; FOOD STYLIST: SIMON ANDREWS; PROP STYLIST: CARLA GONZALEZ-HART