

GREAT FOOD FAST

QUICK RECIPES
FOR SHRIMP,
RIBS, PASTA, PIE & CAKE

Gourmet

THE MAGAZINE OF GOOD LIVING

COOKING LESSON
**2 CHICKENS =
4 MEALS
FOR
4 PEOPLE**

**THE NEXT NEW CUISINE:
14 RECIPES YOU NEED NOW**
**KIT-CHING: 11 AFFORDABLE
WAYS TO IMPROVE YOUR KITCHEN**
**THE PERFECT MENU
FOR EASY ENTERTAINING**

FALLING IN LOVE WITH
MEXICO CITY

WHAT YOU SHOULD
KNOW BEFORE
YOU EAT ANOTHER
TOMATO



MARCH 2009

**THE BEST (AND LEAST EXPENSIVE)
WAY TO VISIT SPAIN** PAGE 34



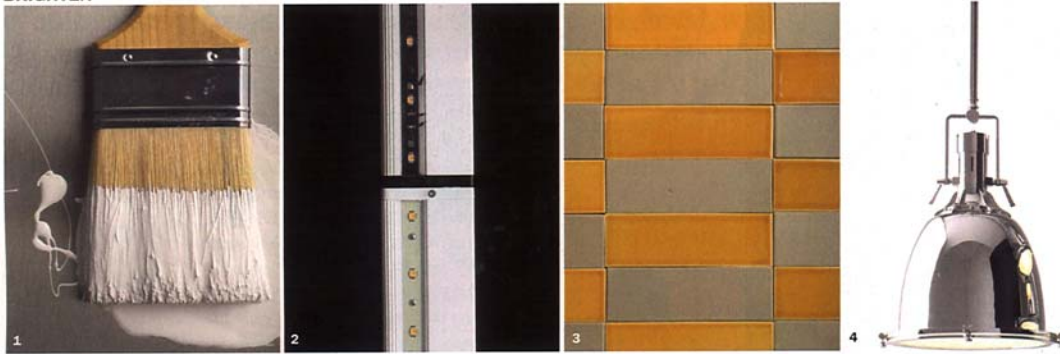
GOOD LIVING KITCHEN

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BY HALEY THURSHWELL

KIT-CHING It's easy to give your kitchen a whole new look without breaking the bank.

BRIGHTEN



1. The simplest way to transform a space: a can of paint. Plus you can go green when you use a VOC-free product from The Freshaire Choice. (\$38.00) 2. Under-cabinet lighting adds a custom touch, and these slim LED tracks are also energy efficient. (\$135–\$255) 3. Revitalize your backsplash with colorful tiles from Heath Ceramics' "Modern Basics" collection, shown here in cedar and riverbed. (\$16.50/sq. ft.) 4. Change out your old fixtures for a modern solid-steel "Benson Pendant." (Available in 7", 13", and 16" pendant; \$219–\$519)

REFRESH



1. What are you hiding? With 127 styles to choose from, glass inserts are a clear way to break up the boring appearance you get with a bank of solid cabinets. (\$14.50–\$34.50/sq. ft.) 2. Bamboo butcher-block countertops (shown here in two colors) are a sustainable and beautiful option. (\$22–\$28/sq. ft.) 3. There's no need to refurbish all your cabinets when only a few need to be fixed. You can simply have new doors made to match the existing finish. (Pricing upon request) 4. Something as inexpensive as new pulls will rejuvenate your cabinetry. (\$6–\$22)

REPLACE



INVEST



1. Every space can benefit from the addition of a little more lighting and storage. This combination pot rack provides the best of both. (\$180) 2. If you currently have a single-hole faucet, it's easy to install this stylish "Arezzo" model. (\$550) 3. Streamline the design of any kitchen with the clean lines of an undermount sink. (\$350) 4. Those of you who just have to splurge once in a while might want to go for one of these stainless-steel mobile units by Alpes that allow you to add storage space, or even an oven, without hiring a contractor. (From \$5,200)

SHOPPING LIST

FOOD

MIND, BODY, AND SEOUL PAGE 72:

Quail eggs—Specialty foods shops and lakecumberlandgamebirds.com.

OTHER THINGS

TABLE OF CONTENTS PAGE 4: “Quintessence”

sterling-silver fork—luntsilver.com. GOOD

LIVING PAGE 24: “Iriana” double Old

Fashioned glass—christoffle.com. PAGE 28:

“Naturalist Gray” paint by The Freshaire

Choice—homedepot.com. Under-cabinet

lights—kichler.com. Tiles—heathceramics

.com. Benson Pendant light fixture—

restorationhardware.com. Glass cabinet

inserts—bendheimcabinetglass.com. Bamboo

butcher-block countertops—teragren.com.

Cabinet doors—plainfancycabinetry.com.

Door hardware—baldwinhardware.com.

Combination pot rack—roycelighting.com.

Faucet—elkayusa.com. Sink—moen.com.

Stainless-steel mobile units—domshowrooms

.com. GOURMET EVERY DAY PAGE 48:

“Citrange” stoneware server in slate by Soule

Studio—sdhdesign.com. PAGE 49: “Classic

Fjord” stainless-steel spoon—Dansk (dansk

.com). “Citrange” stoneware plate in chalk by

Soule Studio—sdhdesign.com. “Flamestone

Brown” stoneware salad plate—Dansk. “April”

porcelain salad plate—richardginori1735.com.

PAGE 50: Black tumbler—ABC Carpet &

Home (abchome.com). PAGE 51: White fine

bone china plate by Jasper Conran—

wedgwoodusa.com. Sterling-silver fork—

luntsilver.com. “Chinese Bouquet Green”

hand-painted porcelain plate—herendus

.com. Double Old Fashioned glass in “Boston

Green”—villeroy-boch.com. PAGE 53: “FLWR”

porcelain bowl—Dansk. Gail Garcia

earthenware bowl—dinner-ware.com. Green

tumbler—ABC Carpet & Home. White

porcelain plate—ABC Carpet & Home. “Aura”

ceramic salad bowl—ABC Carpet & Home.

MIND, BODY, AND SEOUL PAGE 60: Gold cuff—

Subversive Jewelry (subversivejewelry.com).

PAGE 62: Pale yellow shirt, gray jacket, and

yellow tie—calvinklein.com. PAGE 66: Green

plates—takashimaya-ny.com. PAGE 67:

Necklace—Subversive Jewelry. Chiang Mai

Dragon wallpaper—fshumacher.com. “B-set”

plate by Hella Jongerius—unicahome.com.

PAGE 69: Cup by Louise Campbell—royal

copenhagen.com. PAGE 70: Shirt and brown

pinstripe pants—paulsmith.co.uk. Jardin

Celeste teapot by Raynaud—devinecorp.net.

PAGE 71: Necklace—Subversive Jewelry. EASY

DOES IT PAGE 82: Yarn—Purl (purlsoho.com).

PAGES 84–85: Dinner plates—dbo Home

(dbohome.com). PAGE 87: Desk—ochre.net. ■