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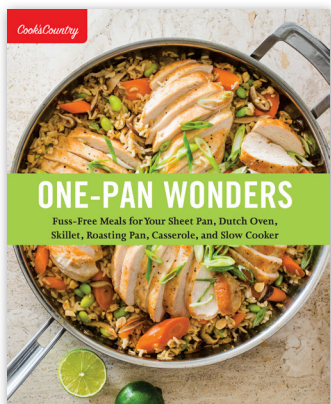
INSPIRING ONE-PAN MEALS FOR MODERN, FRESH FLAVORS SEVEN NIGHTS A WEEK

For as long as there have been home kitchens, there have been home cooks trying to pull together a full meal from a single vessel, often sacrificing flavor, texture, or overall appeal along the way. *One-Pan Wonders* shakes up those tired cooking conventions by applying innovative, streamlined techniques to home-cooked classics and fresh, modern dishes alike as only America's Test Kitchen can. Determined to bring simplified prep, bold flavors, and foolproof cooking into regular rotation in home kitchens everywhere, we crafted an array of offerings tailored to entice home cooks of all stripes seven days a week.

In creating these recipes, we took our “one-pan” promise quite literally but cast a wide net. Could we produce a main dish and side dishes without too much effort? What about all-in-one meals that typically dirty multiple pots? Nothing was off-limits. Thanks to meticulous testing, we proved it's possible to serve spaghetti and mussels marinara without ever boiling a pot of water; bake a batch of biscuits and a chicken stew simultaneously using just a Dutch oven; or turn out buttery salmon, crisp potatoes, and tender broccoli—each cooked to perfection—from a single sheet pan.

Keeping our recipes fuss-free was our top priority, but we didn't cut any corners along the way: At every turn, we still managed to produce fresh, bold flavors and perfect texture in everything from quick-cooking halibut to beefy chuck-eye roast. Timing our cooking just right meant placing pork tenderloins on top of green beans to protect the quick-cooking meat while the vegetables roasted. It might seem impossible to get juicy medium-rare roast beef and creamy slow-cooked mushroom barley out of one pot, but the longer-cooking barley insulated the beef, bringing the beef's and barley's cooking times into perfect alignment.

To keep our shopping lists short, we harnessed powerhouse ingredients like meaty shiitake mushrooms and umami-rich tomato paste for instant flavor boosts, allowing us to simplify and reinvigorate standbys such as chicken pot pie and cheesy lasagna. While foods cooked, we used those last few minutes to stir together quick vinaigrettes and yogurt sauces to add a final bright punch. In other cases, we let our ingredients take the wheel, as with our **Bacon-Wrapped Pork Loin with Roasted Red Potatoes and Peach Sauce**, in which the bacon drippings basted and crisped the accompanying potatoes, effortlessly flavoring the spuds with smoky richness.



**ONE-PAN WONDERS:
FUSS-FREE MEALS
FOR YOUR SHEET PAN,
DUTCH OVEN, SKILLET,
ROASTING PAN, CASSEROLE,
AND SLOW COOKER**

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Please visit onepanwondersbook.com for a complete table of contents, featured recipes, high-resolution assets, and more materials.

The book is organized by vessel—skillet, sheet pan, Dutch oven, casserole dish, roasting pan, and slow cooker—so readers can easily explore the range of dishes suited to each, and we open every chapter with a helpful summary of our vessel-specific findings and our guide to buying the best equipment on the market. Only those pieces that churn out stellar food and ace our abuse tests (picture pots and pans being dropped, scraped, scrubbed, banged, torched, and submerged in icy water) win our recommendation, so anyone can be confident that our picks will get the job done.

Once cooks dive into this book, they'll never look at their old casserole dish or nonstick skillet the same way again. See how we reinvented classic dishes and introduced new techniques to the kitchen cabinet's old standbys:

The Skillet: Your Kitchen Workhorse

In order to ensure that the salmon in our **Sweet-and-Sour Salmon with Bok Choy** didn't leave us with a fishy-tasting vegetable side, we browned and steamed the bok choy, seared the salmon, and warmed the accompanying sauce in three stages in our skillet. Cooking the salmon second allowed the resting fillets to reach the ideal interior temperature while we prepared the Vietnamese-inspired sauce.

The Sheet Pan: Room for Plenty

With our **Steak with Sweet Potatoes and Scallions**, a blazing-hot sheet pan allowed us to pull off a veritable steakhouse feast by staggering the elements' cooking times. While hearty sweet potato wedges roasted in a hot oven, we applied a coffee powder–brown sugar rub to strip steaks to ensure plenty of flavor and browning without the direct sear of a grill. Adding the steaks directly to the hot pan, where they joined the potatoes, produced the signature sizzle that's the telltale sign of a flavorful crust. Roasting whole scallions on top of the steaks gave us a perfectly charred accompaniment to our meat and potatoes, and some quick-pickled radishes made for a zingy finish.

The Dutch Oven: The Original Low-and-Slow Vessel

Our most thrilling discoveries arose when we looked at our vessels from a different angle. Case in point: **Chicken Stew with Cheddar Biscuits**. We slow-cooked our rich stew under an overturned lid, using the lid's concave surface to bake up a batch of simple cheese biscuits at the same time. We also discovered that we could easily steam vegetables above a bubbling braise with the help of a steamer basket: In our **Braised Blade Steaks with Mushrooms, Vidalias, and Asparagus**, this everyday piece of equipment easily held asparagus spears above the rich, saucy steaks, allowing them to cook through in the escaping steam during the last 10 minutes of cooking.

The Casserole Dish: Going Way Beyond Potluck

What's spaghetti and meatballs without a pasta pot? Much easier, that's what. Our **Hands-Off Spaghetti and Meatballs** sees the spaghetti cooked in pasta sauce right in a casserole dish—no need to wait for water to boil. We then nestled hand-rolled meatballs right into the dish, where they cooked through and even took on some flavorful browning. For our **Spicy Shrimp Skewers with Cheesy Grits**, partway through baking our grits in a casserole dish, we threaded the shrimp onto skewers and arranged them across the dish. The finished meal had all the trappings of a traditional recipe, but the streamlined prep and precise timing made for a perfect outcome without the need to monitor and stir the grits.

The Roasting Pan: Not Just for the Holidays

Most roasting pans collect dust until the holiday season rolls around, but we discovered that this vessel is well worth pulling out year-round. From delivering a deep sear to turning out a hearty beef stew fit to feed a small army, this big vessel is perfectly appointed to make a full everyday meal. In our **Peruvian Roast Chicken with Swiss Chard and Sweet Potatoes**, we used the pan to brown thick sweet potato rounds on the stovetop for deep, caramelized flavor before adding chicken leg quarters (rubbed with a potent, spicy paste) to roast in the oven atop the spuds. We later returned the pan to our stovetop to quickly wilt a goodly portion of Swiss chard right in the chicken's rendered juices. With our **Roast Turkey Breast with Herb Stuffing and Cranberry Sauce**, this oversized pan proved perfectly suited to turn out a small-scale Thanksgiving-style dinner any day of the year. We kicked off our simple stuffing by browning the aromatics on the stovetop before placing the turkey breast in the center and scattering cubed bread all around it. As the turkey roasted, its juices gave the stuffing extra rich, savory flavor (and that hands-off roasting time allowed us to microwave and mash together the easiest homemade cranberry sauce imaginable).

The Slow Cooker: Dinner Is Done

As the name implies, slow cookers are expert at cooking foods gently and gradually. Along with soups and stews, we include hearty whole meals such as **Spiced Pork Tenderloin with Couscous**. To infuse mild pork tenderloin with warm spices, we applied a bold garam masala rub and let the meat gently simmer in chicken broth boosted with garlic. The steady, low heat of the slow cooker cooked the pork to juicy perfection. We then used the cooking liquid (now extra-potent, thanks to the pork and its rub) to infuse quick-cooking couscous. Stir-ins including almonds and raisins added heft, and serving the pork with an easy, bright sauce kept the dish from seeming overly rich.

MEDIA REQUESTS

The editors at America's Test Kitchen are available for interviews upon request. For more information or for television, radio, or print interview requests, contact:

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About America's Test Kitchen

America's Test Kitchen is a 2,500-square-foot kitchen located just outside Boston. It is the home of *Cook's Illustrated* and *Cook's Country* magazines and is the workday destination of more than 60 test cooks, editors, and cookware specialists. Our mission is to test recipes until we understand how and why they work and until we arrive at the best version. We also test kitchen equipment and supermarket ingredients in search of products that offer the best value and performance. You can watch us work by tuning in to our public television shows, *America's Test Kitchen* and *Cook's Country from America's Test Kitchen*.

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