

# LODGE

Our Products as featured in...



P. O. Box 380, South Pittsburg, Tennessee 37380  
Pho. 423.837.7181 Fax 423.837.8279  
ftp.lodgemfg.com www.lodgemfg.com



Our Products as featured in...

Gourmet Magazine  
September 2004

KITCHEN NOTEBOOK

INGREDIENTS & EQUIPMENT

September brings two treasures from the briny blue sea, an exotic snack, and a kitchen tool that does more than one job



TASTE THE UNEXPECTED

Sea beans (a.k.a. glasswort and salicornia) are marine plants that resemble thin asparagus. Crisp and brilliantly green, they have a flavor much like the ocean—briny and fresh, without any trace of vegetal bitterness. The shoots can be eaten raw or cooked, as in the recipe on page 97. Growing wild in salt marshes along the coasts of Europe, Asia, Australia, and North America, sea beans are now being farmed in North America on land once considered too salty for agriculture. Look for them at produce markets or order from Melissa's (800-588-0151; melissas.com). —Nichol Nelson

CLOSE TO COD

Black cod (page 97) isn't cod at all. It's sablefish. The dark skin and codlike shape are probably the reasons for this misnomer, though it sometimes seems that fishmongers simply find it easier to sell anything that has "cod" in its name. The fish's buttery flavor—in part, a result of a diet of small fish, squid, and crab—explains another of its piscinymys: butterfish. And its high oil content makes it one of the great smoked delicacies as well. (My grandmother, near death in a New Mexico hospital, practically leaped out of bed when a bit of smoked sable brought to her from a New York City deli passed her lips.) By any of its names, this is a fish capable of giving great pleasure, and because of aggressive management in the past decade, the black cod fishery is a relatively healthy one. —James Rodewald



STREET EATS

Floyd Cardoz, executive chef of New York City's Tabla, has fond memories of the *bhel poori* vendors in Bombay, where he grew up. "Think of them as the equivalent of ice cream trucks," he says. "They come around and serve up *bhel poori* in a newspaper cone or in the leaf of a banyan tree." The snack (page 182) gets its flavors—at once savory, sweet, and spicy—from a combination of vegetables and chutneys, while puffed rice (above, bottom) and the fried chickpea noodles called *sev* (above, top) contribute crunch. It's possible to buy a *bhel* mix of preseasoned rice and noodles, but many Indian home cooks prefer to buy the ingredients unseasoned so that they can control the spice blend. You can find *sev* and the rice at Indian groceries and Kalustyan's (800-352-3451; kalustyans.com). —N.N.



GRIDDLE ME THIS

We love the dual nature of reversible cast-iron griddles. One side has a smooth frying surface perfect for pancakes, bacon, and the long, triangular *parathas* on page 101. The other side is a ridged grill pan, which we use for indoor grilling of meats and veggies. Cast iron is always a winner (it's nearly indestructible, and the ultradense material ensures a consistent cooking temperature), although it does require seasoning, so be sure to follow the manufacturer's instructions. We tested a number of brands and liked the Lodge Pro Grid/Iron Griddle (\$42.95) the best. It fits neatly over two standard stovetop burners and has a slight slope on both sides to capture grease in a trough. You can find it at cookware stores or order directly from Lodge (423-837-7181; lodgemfg.com). —N.N.



P. O. Box 380, South Pittsburg, Tennessee 37380  
Pho. 423.837.7181 Fax 423.837.8279  
ftp.lodgemfg.com www.lodgemfg.com