



Men's Health TONS OF USEFUL STUFF

Nutritional Benefits of Local Food

Feast On This

When it comes to food, what's good for the planet is even better for your body and taste-buds. Chef Tom Colicchio shows you how to make the most of local bounty.

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Learn to let the food speak for itself, says Tom Colicchio, author of *Think Like a Chef*. "Nothing turns average cooks into great ones quicker than fresh ingredients." Colicchio should know: His New York restaurant Craft helped launch the **local-food** movement. And *Top Chef*, the Bravo reality show he helms, is built around this philosophy.

What's more, studies show that wild fish is less contaminated by pollutants than farmed fish; **grass-fed beef** contains more omega-3 fatty acids than meat from grain-fed "industrial" cattle; and produce bought close to the source is more nutrient dense than fare from far away. Below, Colicchio explains how to always find the freshest ingredients and shows you how to put them together.

Master the market

Local produce from small purveyors is generally fresher. Research from Iowa State University shows that while a local Iowa apple travels only 61 miles, a conventional supermarket apple travels 1,726 miles. "Farmer's markets are becoming one-stop shops for good local fish, meat, and dairy products, too," adds Colicchio. (Find one near you at ams.usda.gov/farmersmarkets.)

Make friends

"Befriending the seller, whether he's a butcher or a fishmonger, can score you his best stuff," says Colicchio. Your opening line: "Anything great coming in lately?"

Stock your pantry

Extra-virgin olive oil can be drizzled over fish, blanched vegetables, or baby greens (organicoil.com); sea salt heightens the flavor of roasted meat or fish (saltworks.us); and fresh herbs are good on just about anything. Colicchio serves a mint, tarragon, and chive salad with fish, and he bastes meat with rosemary- or thyme-infused butter.

Roasted Leg Of Lamb With Herbs

"Finding a **small meat purveyor** is often as simple as taking a drive in the country," says Tom Colicchio. No options nearby? "Go straight to the nicest restaurant in town and talk to the chef," he says. "Most chefs I know would be happy to sell you a few free-range chickens or some great fish." Or buy online from Niman Ranch, a collective of more than 600 independent farmers and ranchers. (nimanranch.com)

5 lb boneless leg of lamb
Kosher salt and freshly ground black pepper
4 sprigs fresh thyme
4 sprigs fresh rosemary
4 sprigs fresh sage
1 clove garlic, peeled and sliced
2 Tbsp peanut oil or canola oil
2 Tbsp unsalted butter
Coarse sea salt

1 Heat the oven to 375°F. Lay the lamb flat (cut side up) on a clean surface and sprinkle it with kosher salt and pepper. Arrange half the herbs and all the garlic on the meat. Roll the meat tightly and tie it with kitchen twine at 1-inch intervals.

2 Heat the oil in an ovenproof skillet on medium. Season the lamb roll with kosher salt and pepper, add it to the skillet, and cook it until it's evenly browned on all sides. Transfer the skillet to the oven.

3 Roast the lamb in the oven for about 45 minutes. Add the butter and the remaining herbs to the skillet and continue roasting, basting occasionally, for about 15 minutes. (The lamb is medium rare when a thermometer inserted in the center of the roll reads 125°F.) Remove the meat from the oven, cover it loosely with foil, and let it rest for 10 minutes. Slice the lamb, sprinkle it with a touch of coarse sea salt, and serve.



Go on to the next page to learn how to master the technique for a crispy-skinned fish...

Pan-Roasted Striped Bass

Master this technique for supermoist, crispy-skinned fish, and you can use it to transform any firm-fleshed fish -- halibut, cod, snapper, or salmon, for example -- into an amazing dinner. Befriend a local fishmonger or try Browne Trading Company for fresh, wild-caught seafood. (brownetrading.com)

2 Tbsp peanut oil
 4 center-cut striped-bass fillets (1 inch thick, 6 oz each), with skin on
 Kosher salt and freshly ground black pepper
 3 Tbsp unsalted butter
 2 sprigs fresh thyme
 Coarse sea salt

1 Heat the oil in a large skillet over medium heat. Dry the fillets thoroughly with paper towels (this will help keep the skin crisp), season them with kosher salt and pepper on both sides, and then add them, skin side down, to the skillet. Reduce the heat (the oil should sizzle, not sputter) and cook the fillets until the skin becomes crisp, about 3 minutes. Turn the fillets and gently brown the other side, about 3 more minutes.

2 Add the butter and thyme. Continue cooking, turning the fillets once or twice so they brown evenly, and basting with the lightly browned butter. Cook until the fish is opaque, about 4 more minutes. Serve at once, drizzled with the browned butter and sprinkled with coarse sea salt.



Go on to the next page for a dish that highlights summer's harvest...

Summer Vegetable Ragout

This dish is only as good as the vegetables you use in it. Ensure the best flavor by showing up early at the farmer's market, suggests Colicchio. "My men actually help the farmers unload their trucks. That way they always have first pick."

For the vegetables

(Choose at least four varieties. You will need 4 to 6 cups of cut vegetables in all.)

Asparagus
 Snap peas
 Green beans
 Fava beans
 Wax beans
 Peas
 Bok choy
 Swiss chard (leaves and stems cooked separately)
 Celery
 Shallots
 Leeks (white parts only)
 Zucchini
 Yellow squash
 Pattypan squash
 Carrots
 ½ cup unsalted butter
 2 oz prosciutto (optional), cut into 4 pieces
 1-2 Tbsp chopped mixed fresh herbs (such as tarragon, chervil, thyme, parsley, and chives)
 Kosher salt and freshly ground black pepper
 4 cherry tomatoes, halved
 2 radishes, thinly sliced
 ¼ cup vegetable sprouts (such as broccoli, radish, or alfalfa)

1 Clean, trim, and cut vegetables into bite-sized pieces.

2 Cook each vegetable separately in boiling, salted water until tender. Then refresh in cold water and drain. Combine them in a bowl.

3 Boil half an inch of water in a medium pan. Reduce heat to medium low and whisk in the butter a little at a time. Mix in the prosciutto and the cooked vegetables, coating with butter. Add the herbs, salt and pepper, cherry tomatoes, and radishes, and simmer until the vegetables are just heated through. Divide among four bowls.



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