

Timing in the Kitchen

Recipes:

STANDING RIB ROAST

Yield: 6 to 8 servings

Total time: 4 hours

Ingredients

- 1 (4-bone-in) standing rib roast, preferably from the loin end
- Canola oil, to coat roast
- Kosher salt and freshly ground pepper, to cover entire roast
- 1 cup water
- 1 cup red wine
- 4 fresh sage leaves

Directions

Preheat the oven to 250 degrees F. Remove the roast from the refrigerator and rub with canola oil. Remember to rub the bones with oil, as well. Once the roast is completely coated with oil cover the roast with kosher salt, about half a teaspoon per bone. Next, rub with freshly ground pepper to coat the surface. Place the roast in a glass bake-ware dish slightly smaller than the length of the roast. Turn the oven down to 200 degrees F and roast 3 hours. Remove the roast and turn oven up to 500 degrees. Allow the roast to rest 15 minutes. Place the roast back into the preheated 500 degree F oven for about 10 minutes or until you've achieved your desired crust. Remove and transfer roast to a cutting board. Keep covered with foil and allow to rest 15 minutes. Place the pan over low heat on the stovetop and deglaze with 1 cup of water. Add the wine and reduce by half. Roll the sage leaves in between your fingers to release the flavors and aroma. Add to the sauce and cook for 1 minute. Strain and serve on the side.

MASHED POTATOES

Yield: 4 to 6 servings

Total time: 35 minutes

Ingredients

- 2 pounds russet potatoes (about 4 medium), peeled and cut into 1-inch pieces
- 1 teaspoon kosher salt, plus more as needed
- 3/4 cup whole milk
- 1/4 cup unsalted butter
- Freshly ground black pepper

In a large saucepan, combine the potatoes, 1 teaspoon salt, and enough cold water to cover. Bring to a boil over high heat. Lower the heat to maintain a simmer and cook until fork tender, about 10 minutes. Drain the potatoes and return to the pan. Shake the pan over medium heat for about a minute to dry the potatoes. Transfer the potatoes to a food mill, ricer, or bowl.

Put the milk and butter in the saucepan, and heat over medium-high heat until the butter melts and the milk is hot. Remove pan from the heat. Mash the potatoes through the food mill, ricer, or by hand into the pan. Stir to combine with the milk and butter. Season with salt and pepper to taste and add nutmeg, if desired. Serve immediately.

BLACKBERRY COBLER

Yield: 4 to 5 servings

Total time: 30 minutes

Ingredients:

Filling:

- 1lb blackberries
- 1/4 c. butter
- 4 tsp. cornstarch
- 4 tsp. lemon juice
- 1/8 tsp. salt

Topping:

- 1 1/2 c. all purpose flour
- 1 1/2 tbsp. sugar
- 1 1/2 tsp. baking powder
- 1/4 tsp. cinnamon
- 1/4 tsp. salt
- 1 egg

Directions:

Combine 1 beaten egg and 5 tablespoons milk. Stir in dry ingredients until moist. Melt butter, stir in cornstarch, lemon juice, and salt. Cook and stir until thickened, stir in berries. Place in small 9x9 baking dish, and spoon cobbler topping over fruit mixture. Bake at 400 degrees for 15 to 20 minutes until golden brown. Keep warm or reheat in a warm oven (no greater than 200°F).

ASPARAGUS

Yield: 4 to 5 servings

Total time: 10 minutes

Ingredients

- 24 thin asparagus spears
- 1 lemon
- 2 tablespoons butter
- Olive oil
- Kosher salt

Directions

Line up asparagus on a cutting board with the tops even and cut off tough bottom ends. Bring a skillet or oval casserole filled half full with salted water to boil. Dump in asparagus all at once. When water returns to the boil, cook asparagus until crisp-tender (about 1 to 3 minutes, depending on size). Drain. Return asparagus to hot pan, squeeze lemon juice over top. Add butter and a drizzle of olive oil, tossing to coat. Add kosher salt, to taste. Serve immediately.

Time Management:

Examine the 4 recipes above and put them in order, longest to shortest:

1. _____
2. _____
3. _____
4. _____

Can any of the recipes be completed before the others? If yes, which one(s)?

1. _____
2. _____

Arrange simultaneous recipes in this table (divided into 30 minutes chunks), mark the "down time" to stand apart from the active cooking time.
