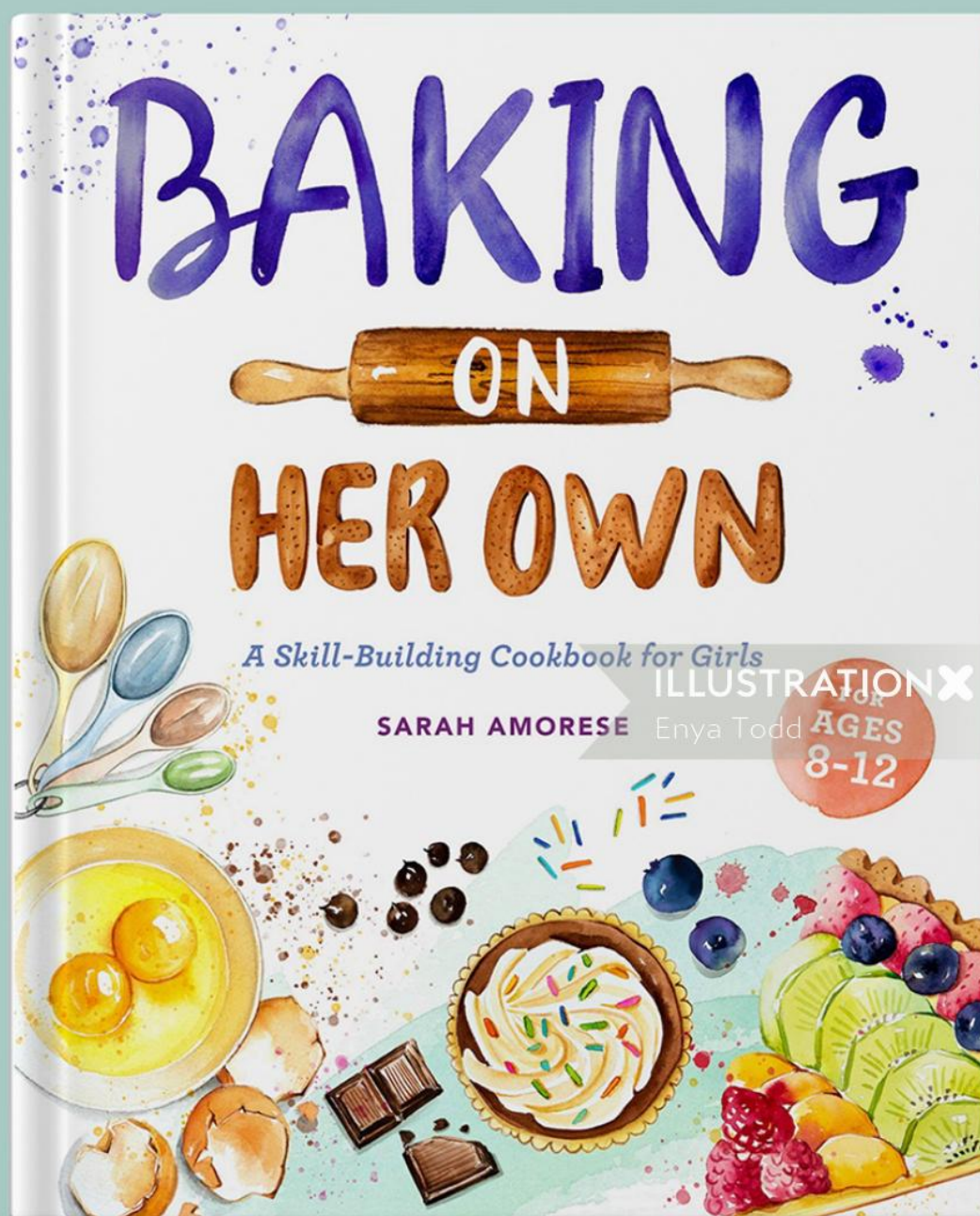


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Homemade dumplings

For the Filling:

- 1 pound ground pork, or beef
- 1/4 teaspoon freshly ground white pepper
- 1 tablespoon soy sauce
- 1 teaspoon salt
- 1 tablespoon Chinese rice wine
- 3 tablespoons sesame oil
- 1/2 medium scallion, minced
- 1 tablespoon minced fresh ginger
- 1 1/2 cups finely shredded napa cabbage
- 1 clove garlic, minced

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The Washington Post
FOOD
WEDNESDAY, JULY 7, 2021 • SECTION E

EZ EE K



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A rice salad can result in obsession

BY OLGA MASSOV

The first time I had Lao food, I fell hard for a dish I then obsessed over for years. I'd think about it on the subway, while cooking dinner, folding laundry, during a run. I'd recall its flavors and textures; how its fragrance hit my nostrils; the delightful contrast of crunchy and soft textures. It was a dish I had wanted to learn to make for years but was too intimidated to try. It felt overwhelming in its lack of familiarity, and it looked like it would take all day to make.

Boy, was I wrong.

The dish in question is naem khao: crispy coconut rice with som mu (a type of Lao sausage), herbs and aromatics, served with lettuce leaves for wrapping. I first tried it in 2013, when my friend, chef Soulayphet Schwader, opened his restaurant, Khe-Yo, in Lower Manhattan and invited my husband and me to be his guests. We had never had Lao food, so once we settled in our seats, we selected a few tasty-sounding but unfamiliar dishes.

Our naem khao arrived in a bowl: Fried balls of jasmine rice, fragrant with coconut nestled against aromatic sausage, lettuce leaves, tender sprigs of cilantro, glassine fried makrut lime leaves and bird's eye chile. Next to the salad was a small bowl of honey sambal. Our server recommended we smash the rice balls, sausage, herbs, lime leaves and chile into one another, mixing every-

SEE NAEM KHAO ON E3

RECIPE ON E3
Naem Khao

The where, when and why of braise, broil or fry

There are a lot of cooking techniques to master. But you can do all of them.

BY BECKY KRISTAL

It's easy to talk about cooking as a monolithic concept, but there's so much more nuance to it. You may use one method in a recipe, or multiple. You could have one completely mastered and be terrified of another (hello, me not that long ago, afraid of frying).

I like this simple definition of cooking, beyond the broader notion of just any kind of food prep, from "The Science of Good Food," by David Joachim and Andrew Schloss with A. Philip Handel: "Cooking is a process of heat transfer from a heat source to food to transform the food into something different."

It's also a matter of balance. "No matter what you're cooking, or what heat source you're using, the aim is always the same: apply heat at the right level, and at the right rate, so that the surface of the food and its interior are done cooking at the same time," says Samin Nosrat in "Salt Fat Acid Heat: Mastering the Elements of Good Cooking."

So let's take a little deeper dive into your options, starting with two common stove-top methods and continuing with strategies that take advantage of water and the oven. Recipes listed at the end of each section are available in our Recipe Finder at [washingtonpost.com/recipes](https://www.washingtonpost.com/recipes).

SEE TECHNIQUES ON E4

ILLUSTRATION BY ENYA TODD FOR THE WASHINGTON POST

Oil can be better than butter in baking

BY JESSIE SHEEHAN
Special to The Washington Post

I am the queen of the baking shortcut, for despite my deep and powerful love of all things sweet, I'm impatient and awfully fond of instant gratification. I gravitate toward recipes with short ingredient lists and instructions that don't require any heavy equipment (stand mixer, I'm looking at you) and can be assembled using only one or two bowls.

So, although I enjoy the texture achieved by creaming together butter and sugar in a mixer for a fluffy yellow cake or a chewy sugar cookie, what I really dig is a baked good that calls for oil rather than butter.

Baking with oil not only requires less work, and results in fewer dirty dishes, than butter, but it also produces tender, moist baked goods that get better with age and boast an impressively long shelf-life. As such, I not only search out baking recipes calling for oil, but when developing such recipes myself, which I do for a living, I try to create those that are oil-based.

Here is a breakdown of some of the impressive attributes of an oil-based baked good, as well as tips for substituting oil for butter in your favorite baking recipes.

SEE NO BUTTER ON E6

RECIPIES ON E6
Hazelnut Chiffon Cake With Nutella Ganache • Cacio e Pepe Olive Oil Popovers

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Sunshine Ice Lollies

Step 1

Wash and then finely grate the carrots. Place the middle of a clean tea towel.



Step 3

Add the orange juice to the jug and top up with cold water to make 360ml of liquid. Stir in the orange zest and satsumas.



Step 5

Wait for a sunny day and enjoy your vegan, gluten-free lollies in your garden or on a local walk.



Step 2

Gather up the towel and squeeze the carrot juice into a jug. Set the pulp aside to use in a soup or pie.



Step 4

Pour the juice into your lolly moulds with (lolly sticks in place) and place in the freezer. Leave overnight.



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Porterhouse



Skirt



Ribeye



ILLUSTRATION X
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New York Strip



Sirloin

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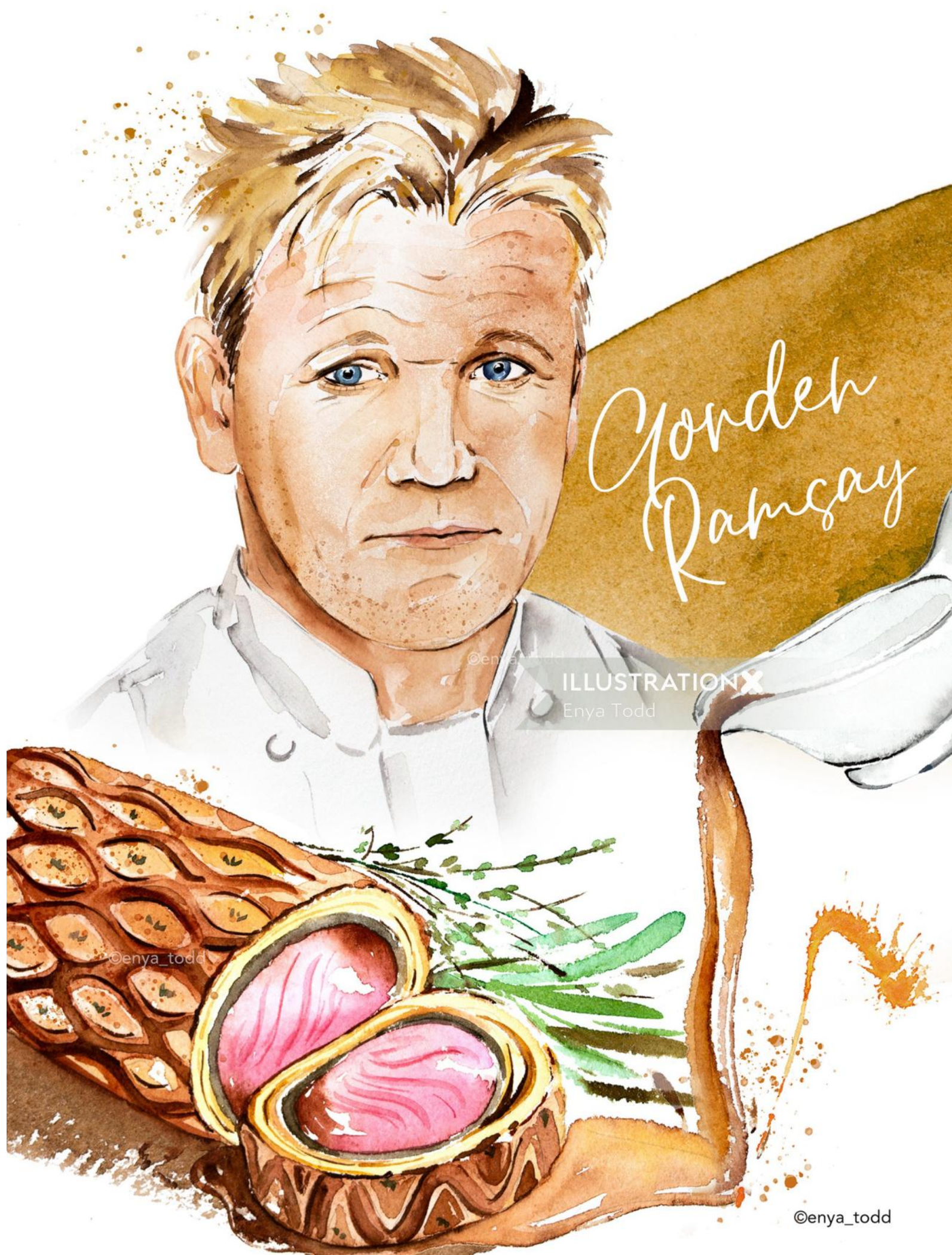
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Sopa de lima



Pozole



Tikin Xic



Tacos de camarón



Campones



Marquesitas



Arrozla Tumbada



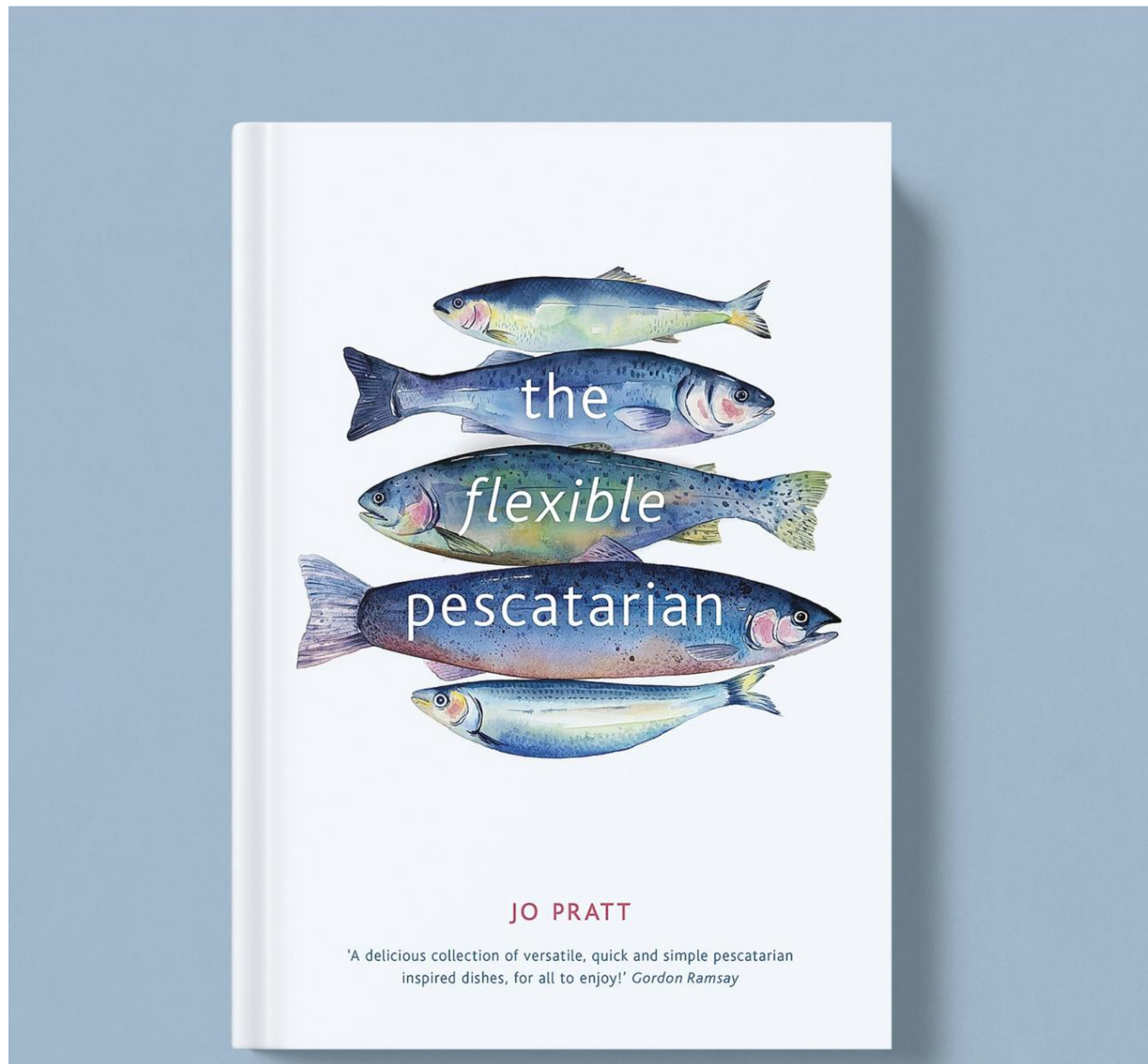
Torta Ahoqada



Tamales

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BANK HOLIDAY BOTTLES

Hosting friends and family over the Easter weekend? Stock up with these versatile drinks and you'll be all set to entertain, says Master of Wine *Pierpaolo Petrassi*

Easter brings with it the knowledge that the dark days of winter are over, and spring is truly underway. For many of us, the long weekend is the perfect time to get together with family and friends. Whether you're cooking lunch for a crowd on Easter Sunday, or inviting a few neighbours round for drinks and nibbles, it's a smart idea to fill the wine rack with a range of drinks to meet every requirement.

A good rule of thumb at this time of year is to focus on light, easy-drinking wines. Just as the change of seasons encourages us to move away from wintry comfort food towards fresh, vibrant ingredients such as spring vegetables, these milder days are perfect for enjoying softer reds and fresh whites. The exception is when you're looking for a drink to pair with all that tempting Easter chocolate – in which case, a rich fortified wine makes an excellent match.



PIERPAOLO PETRASSI MW

Partner & Head of Buying, Beers, Wines and Spirits

'A good rule of thumb at this time of year is to focus on light, easy-drinking wines... these milder days are perfect for enjoying softer reds and fresh whites.'



QUAFFABLE REDS

Light reds are just the ticket for spring, and are particularly delicious with Easter lamb.

Waitrose & Partners Blueprint Rioja Posadas Hispanas Spain (bn 528899, £7.99)

A mellow Rioja is a brilliant pairing for roast lamb, complementing the richness of the meat without being overwhelming. Here, red berry flavours mingle seamlessly with coconut and tobacco notes from the wine's ageing in oak barrels.

Errazuriz Estate Pinot Noir Casablanca Valley, Chile (bn 682258, £9.49)

Cooling Pacific breezes bring freshness to juicy ripe fruit in this wine from Chile's Aconcagua region. Expect notes of cherry blossom and red berries, plus a whisper of smoke and a velvety mouthfeel. An excellent match for salmon, especially if you serve the wine lightly chilled.

Firriato Le Sabbie dell'Elba Rosso Sicily, Italy (bn 80209, £2.99)

An exceptional wine from the northern slopes of Mount Elba. Made from local grape varieties, it offers an abundance of ripe black fruit flavours with smooth tannins and a refined finish. Particularly good with stews and casseroles. In



Wine

ELEGANT WHITES

Fresh, easy-drinking whites to enjoy with a Good Friday fish dinner and beyond.

The Search Grenache Marsanne Roussanne Voor Paardeberg, South Africa (bn 624580, £9.49)

A triumphant blend of three grapes. The mineral qualities of grenache blanc enhance the floral roussanne, while marsanne adds depth. Fantastic with herby fish, aromatic chicken dishes or tender green vegetables.

The Botham All-Rounder Chardonnay South-east Australia (bn 63906, £7.99)

Criset legend Sir Ian Botham is the unexpected name behind this balanced

wine, which uses fruit from the prestigious Margaret River region. It's a classic chardonnay with notes of melon, grapefruit and citrus, leading to a zesty finish. As the name suggests, it matches with all sorts of dishes, from cod to camembert.

Yalumba Organic Viognier South Australia (bn 033097, £9.99)

Aromatic and unadorned, this skilfully crafted white offers refreshing peach flavours and a full-bodied mouthfeel. Wonderful with prawns or scallops, or with Asian-inspired dishes such as Thai curry.



PRETTY IN PINK

These blushing bottles bring a welcome splash of springtime colour to the table, and make enticing aperitifs.

Peter Yealands Sauvignon Blanc Rosé Marlborough, New Zealand (bn 448820, £9.99)

Spring heralds the beginning of rosé season. This bottle combines the most delicious qualities of a sauvignon blanc with the fruitiness of a rosé. As if that weren't appealing enough, Peter Yealands' coastal vineyards are also environmentally sustainable.

Mirabeau Rosé Gin (E3070d)

A beautiful gin from the makers of the popular Mirabeau wine brand, distilled in Provence using grape alcohol and a splash of rosé wine. Notes of lemon and cucumber bring a delightful freshness. Add dry vermouth for the perfect martini, or serve with gin & tonic and a sprig of rosemary for a twist on a G&T.



ILLUSTRATION X
Enya Todd

SWEET DREAMS

Classic pairings for Easter chocolate and desserts.

Feuerherd's Special Reserve Tawny Port Douro, Portugal (bn 849439, £14.99)

This six-year-old oak-aged tawny port offers rich flavours of orange peel, toffee and cream, with a nutty, dried fruit complexity. Serve lightly chilled with an indulgent chocolate dessert (see page 37) or a hunk of dark chocolate Easter egg.

Torres Floralis Moscatel Oro Penedès, Spain (bn 72035, £8.99/50cl)

This lusciously golden sweet wine is intense without being cloying, thanks to a touch of citrus freshness. It's perfect with desserts and bakes which feature dried fruit, such as a classic simnel cake or a date-rich sticky toffee pudding.

Fuller's London Porter (E2500ml)

An award-winning example of a historic style of beer, this is smooth and satisfying with a deep, dark flavour and creamy finish. The porter's coffee and chocolate notes make it a terrific companion to chocolate puddings, but it's also versatile enough to work with hearty meat dishes, such as Easter lamb.

Find these drinks and 1600 more at waitroseandpartners.com with Click & Collect available on every order*

drinkaware.co.uk for the facts
ILLUSTRATIONS ENYA TODD *ALCOHOL MUST BE AT LEAST 18 YEARS OF AGE. SEE WAITROSE AND PARTNERS FOOD FOR TERMS AND CONDITIONS. PRICES CORRECT AT TIME OF PRINT. STANDARD COUNTRY OF ORIGIN LABELLING FOR EU. FOR MORE INFORMATION ON OUR FOOD & DRINK RANGE VISIT WWW.WAITROSEANDPARTNERS.COM OR VISIT US AT WWW.WAITROSEANDPARTNERS.COM OR VISIT US AT WWW.WAITROSEANDPARTNERS.COM

Paese che vai, delizie che trovi

Da Nord a Sud, dall'antipasto al dolce: il menu festivo coi fiocchi è servito

PAROLE DONATELLA BERNABÒ SILORATA
ILLUSTRAZIONI ENYA TODD

Se c'è qualcosa che accomuna tutta Italia in questo periodo dell'anno è il trionfo di sapori che la sua meravigliosa geografia porta in tavola. Preparate allora coltello e forchetta e lasciatevi condurre in un viaggio culinario lungo lo stivaletto, con la nostra selezione di alcune delle ricette più tradizionali e gustose.

Si parte da Milano, con la sua insalata di nervetti, per poi passare a Napoli con la minestra maritata dalle origini spagnole, una capatina a Palermo con il falsomagro per poi arrivare in Sardegna, a Cagliari, con l'antica ricetta del pan'e saba. Che sia la Vigilia o il giorno di Natale, innumerevoli sono le ricette tramandate di generazione in generazione, e con loro, anche le più disparate credenze popolari. Le festività diventano il momento migliore per celebrarle e rispettarle, perché la scaramanzia, in Italia, siede anche a tavola.

Per chi non può rinunciare ai panettoni farciti e ai bis di cotechino, abbiamo selezionato anche qualche consiglio detox per rimettersi in forma. Rimandando a gennaio i buoni propositi, auguriamo a tutti buon appetito!

A mobile feast

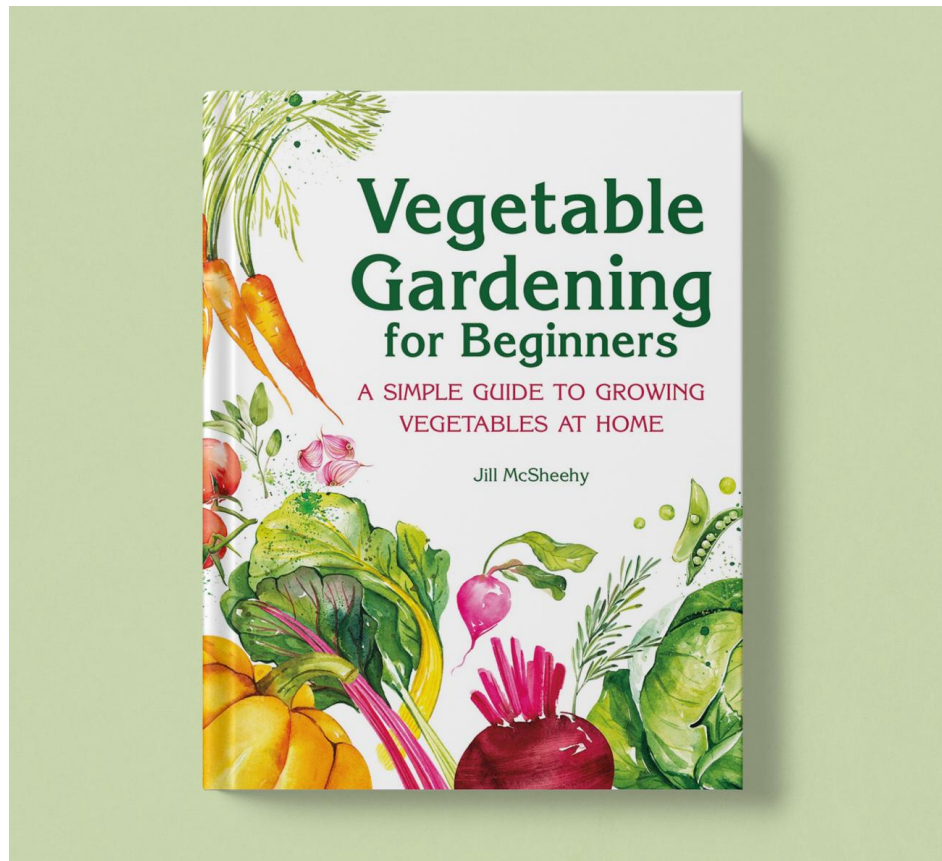
Italian food is spectacular year round but it goes into overdrive in the festive season. We serve up a favourite course from each region in one fabulous Christmas meal

IF THERE IS one thing that unites the whole of Italy at this time of year, it's the attention given to the table. Italy has a wonderful geography of flavours in every season, but the ultimate blow-out comes at Christmas. Prepare yourself for a culinary journey that runs from north to south, from antipasto to dessert, with some of the best and oldest Italian recipes. Starting with starters from Milan and its *nervetti* salad, passing through Naples for soup and continuing to Palermo for a *farumagru* main before arriving in Sardinia for pudding, this is a meal to remember. No matter if you're eating on Christmas Eve or Christmas Day, each region offers the most delicious recipes. And if you're feeling you might have overdone it a bit on the panettone, we've also selected some detox tips to get you back in shape in January. *Buon appetito!*



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