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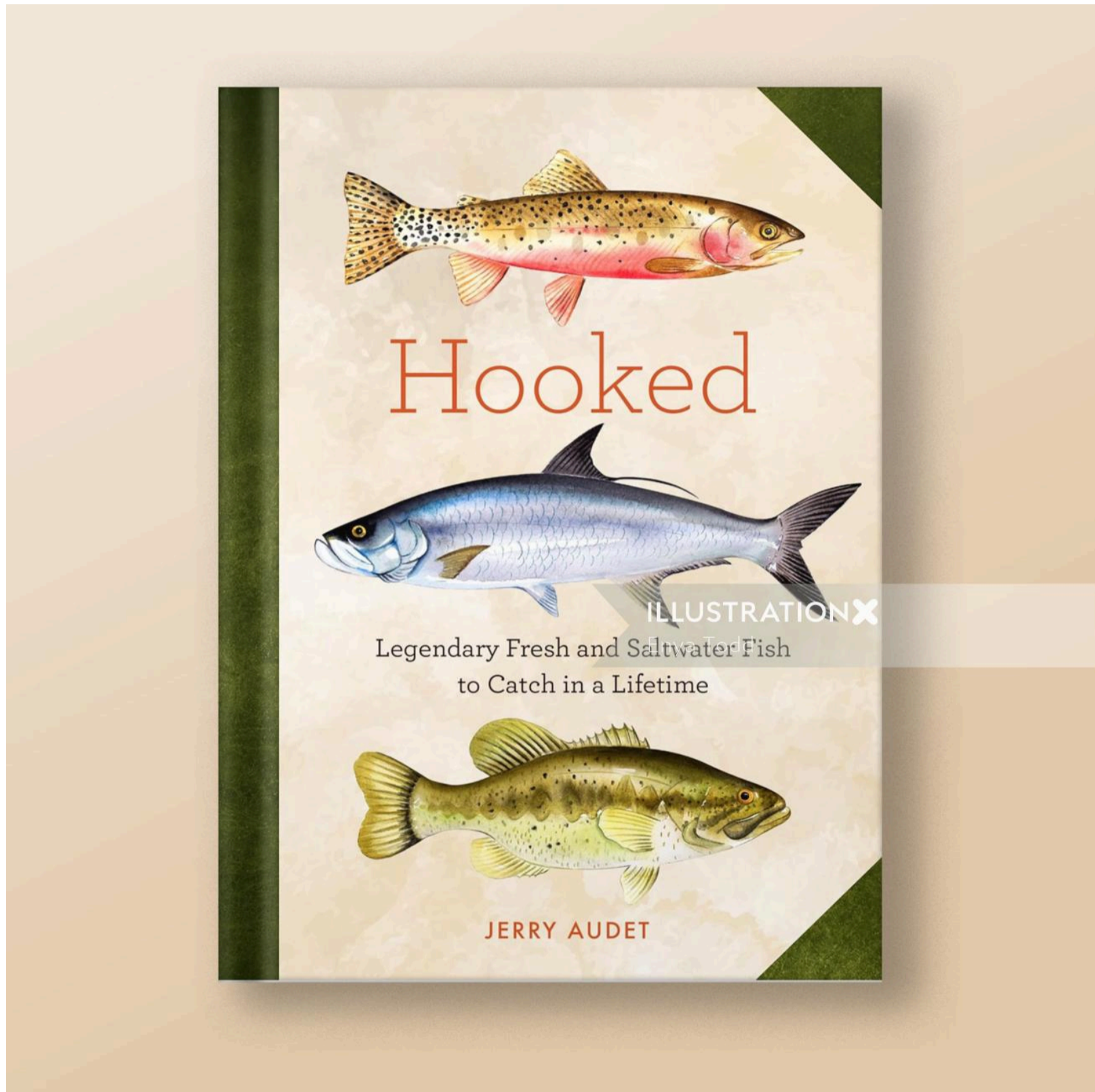
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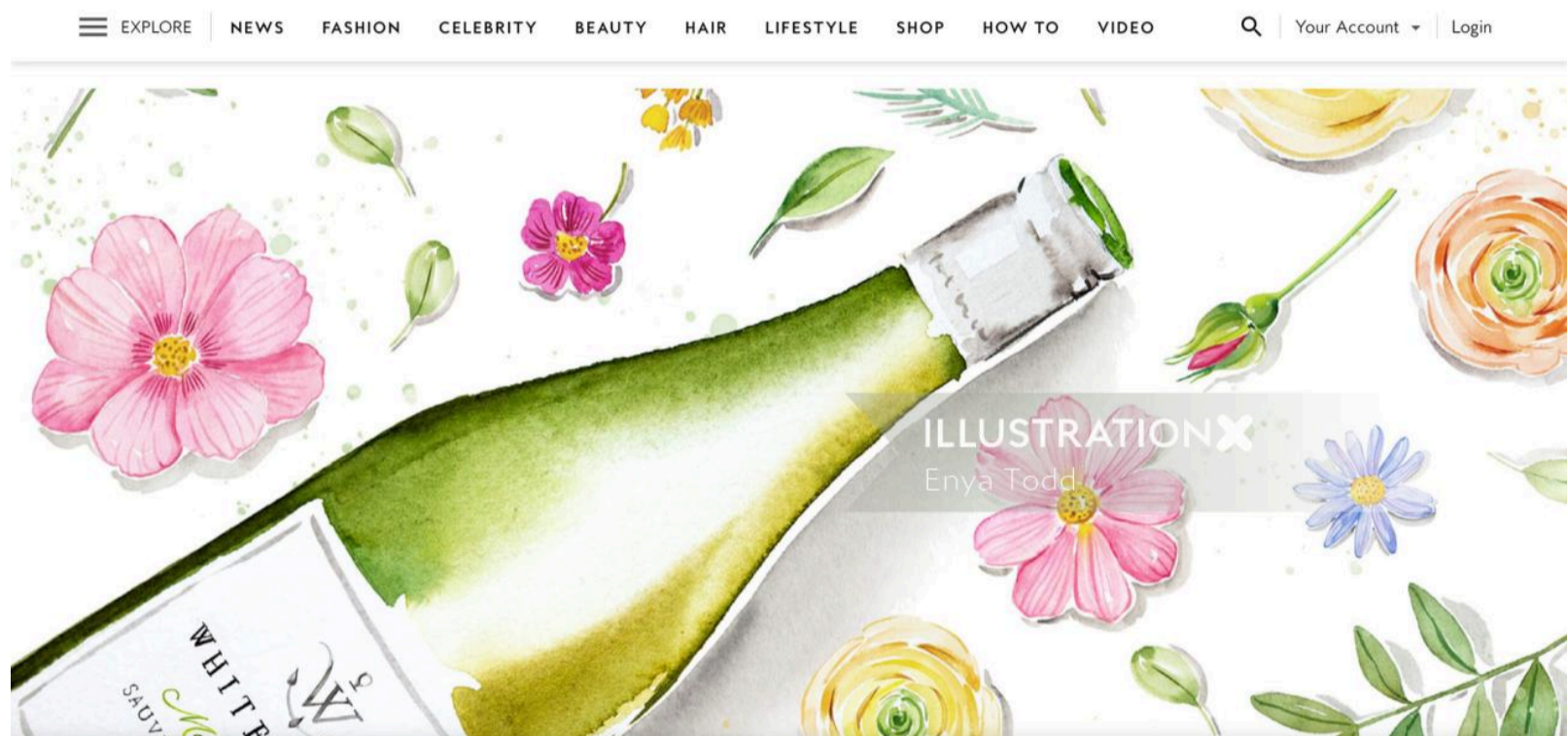
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ZOOM  
SANTÉ

## Les treize fantastiques

ILLUSTRATION  
Enya Todd

Oui, un surplus de certaines vitamines peut représenter un réel danger pour la santé. Non, ce ne sont pas les agrumes qui contiennent le plus de vitamine C. Révisons nos classiques!

TEXTE JASMINA SLACANIN ILLUSTRATIONS ENYA TODD

PLUS  
ONLINE

Durant des siècles, l'humanité s'est alimentée sans savoir qu'elle avalait dans sa nourriture des substances organiques, sans valeurs énergétiques, absolument indispensables à l'organisme. Il a, en effet, fallu attendre le début du XX<sup>e</sup> siècle pour mettre le doigt sur les différentes fonctions des vitamines. Leur découverte a pour origine la malnutrition et les maladies mortelles qui en résultent. A la fin du XIX<sup>e</sup> siècle, le béribéri a, par exemple, permis au médecin néerlandais Christiaan Eijkman de constater qu'une certaine substance présente dans les aliments, le riz complet dans ce cas précis, aide à soigner cette maladie. Un biochimiste américain, Casimir Funk, parvient ensuite à l'isoler. Cette découverte – celle de la vitamine B (B comme béribéri) – vaut aux deux chercheurs un prix Nobel. D'autres recherches s'en → Page 18

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Coopération N° 1 du 31 décembre 2018

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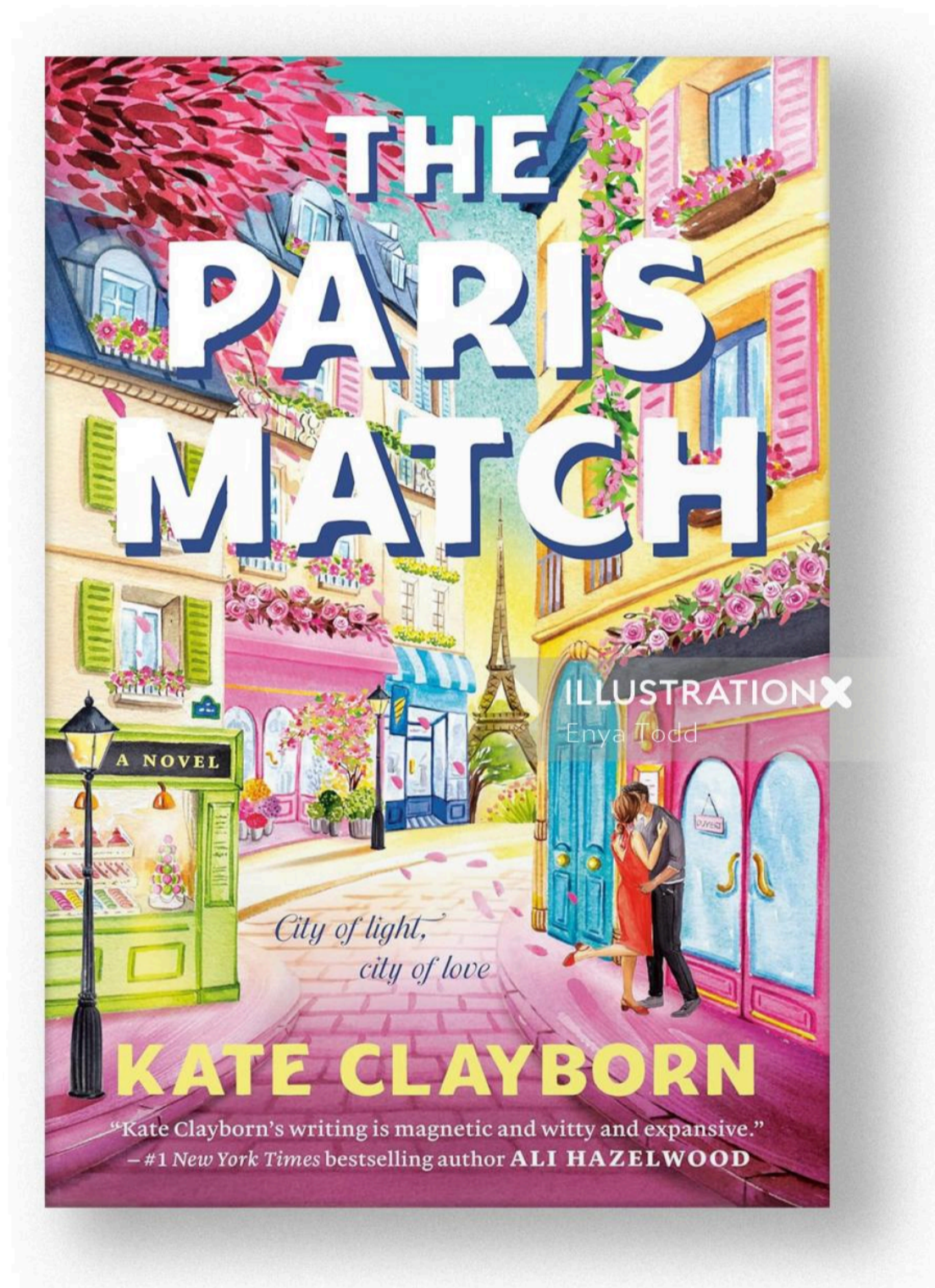
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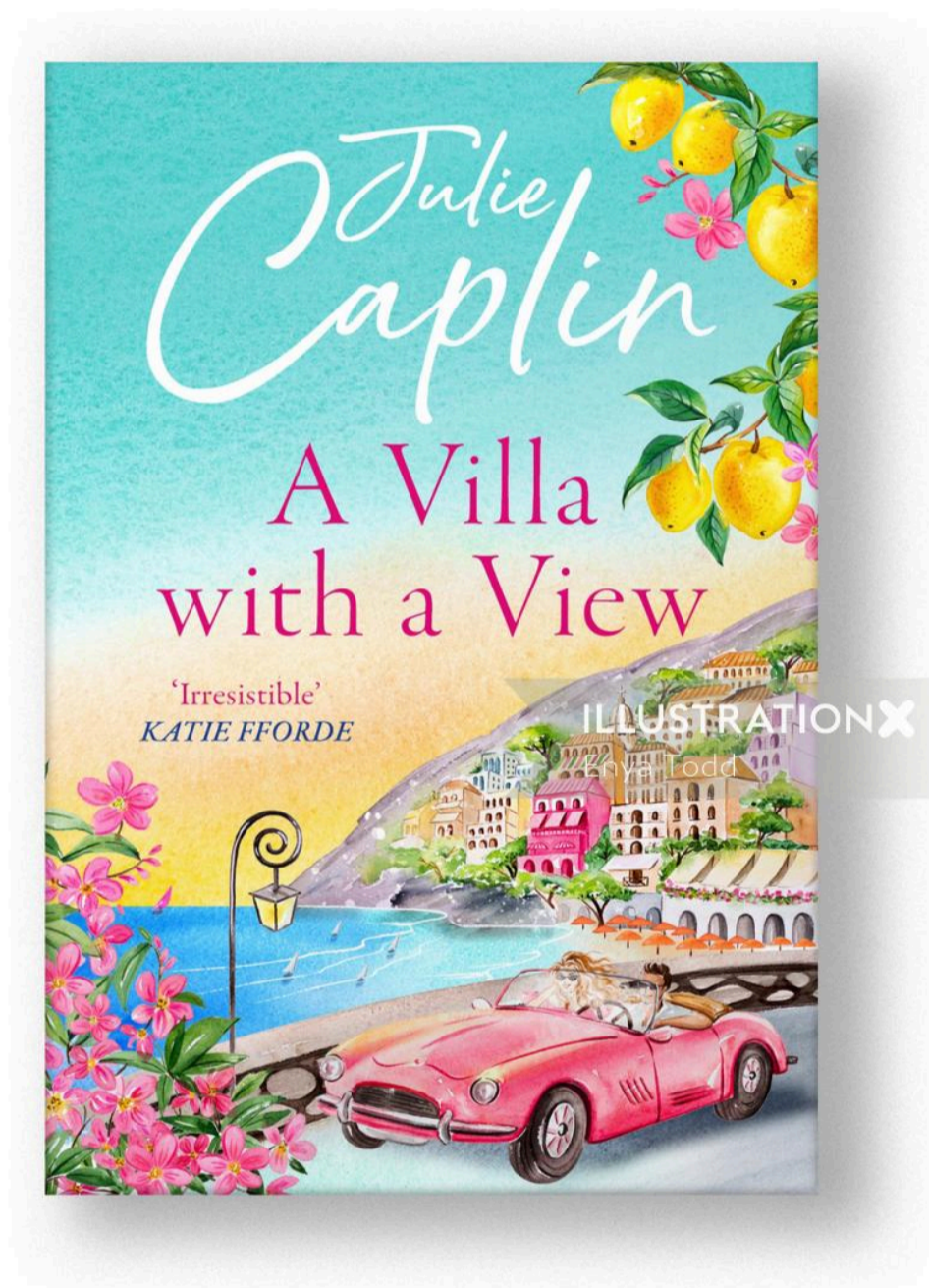
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## Paese che vai, delizie che trovi

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

PAROLE DONATELLA BERNABÒ SILORATA  
ILLUSTRAZIONI ENYA TODD

**S**e 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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## 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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ILLUSTRATION X  
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Porterhouse



Skirt



Ribeye



ILLUSTRATION X  
Enya Flank



New York Strip



Sirloin

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*Sopa de Lima*



*Pozole*



*Tikin Xic*



*Tacos de Camaron*



*Campones*



*Marquesitas*



*Arroz la Tumbada*



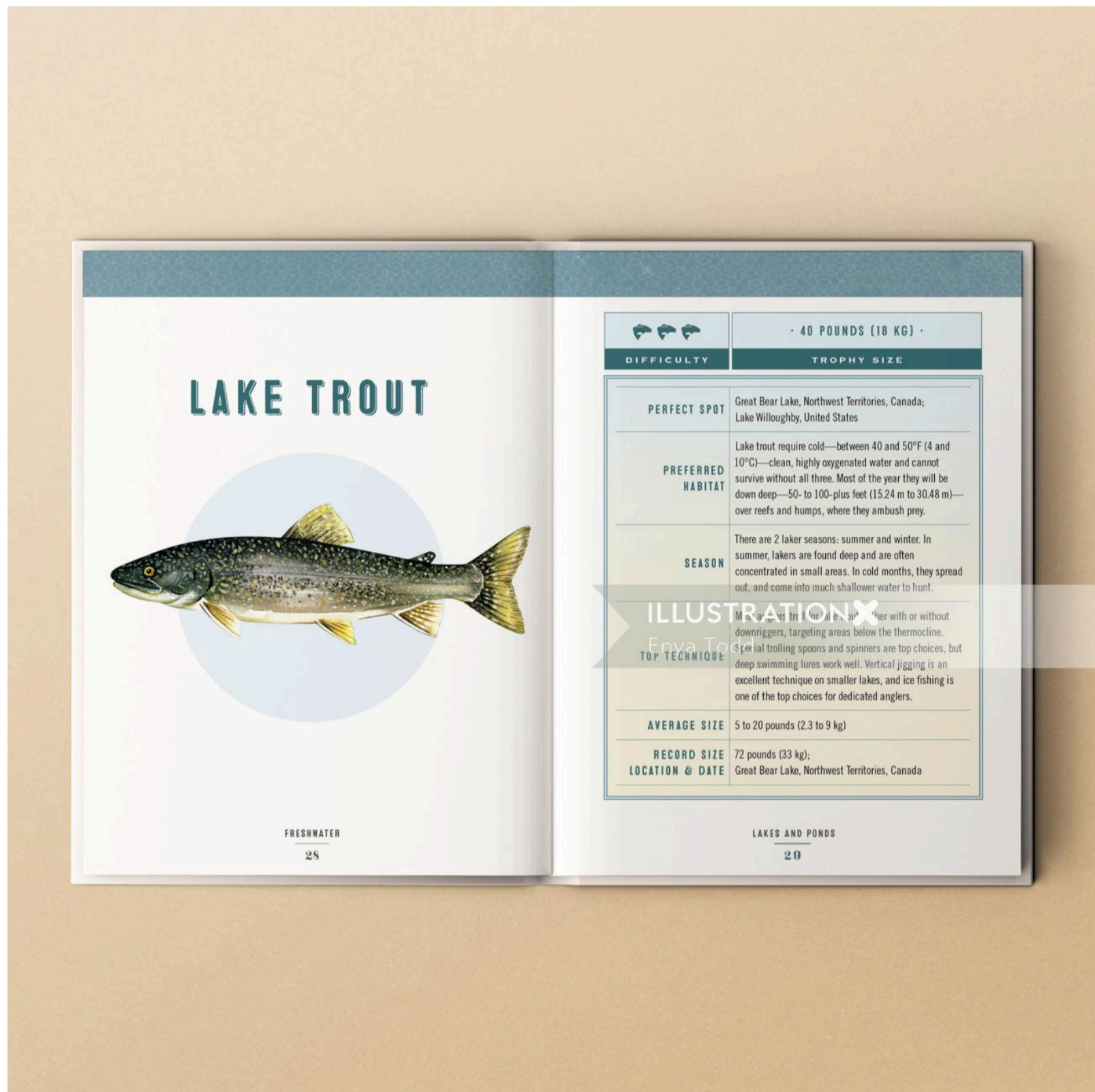
*Torta Ahogada*



*Tamales*

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

E2 E3 E4



ILLUSTRATION X  
Enya Todd

## 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 KRystal

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.

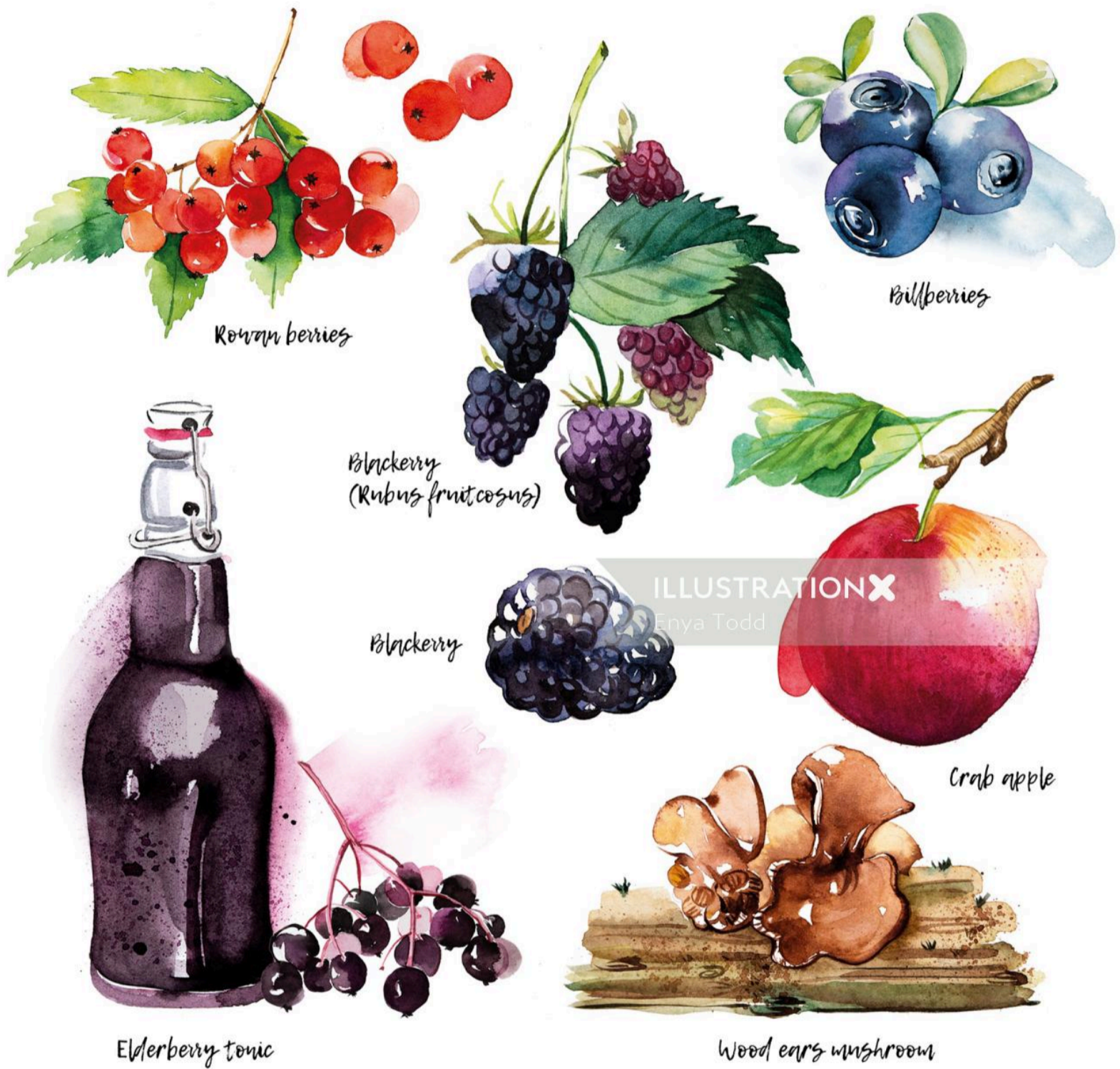
Here is a breakdown of some of the impressive attributes of an oil-based baked good, as well as tips for substituting oil for butter in your favorite baking recipes.

SEE NO BUTTER ON E6

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

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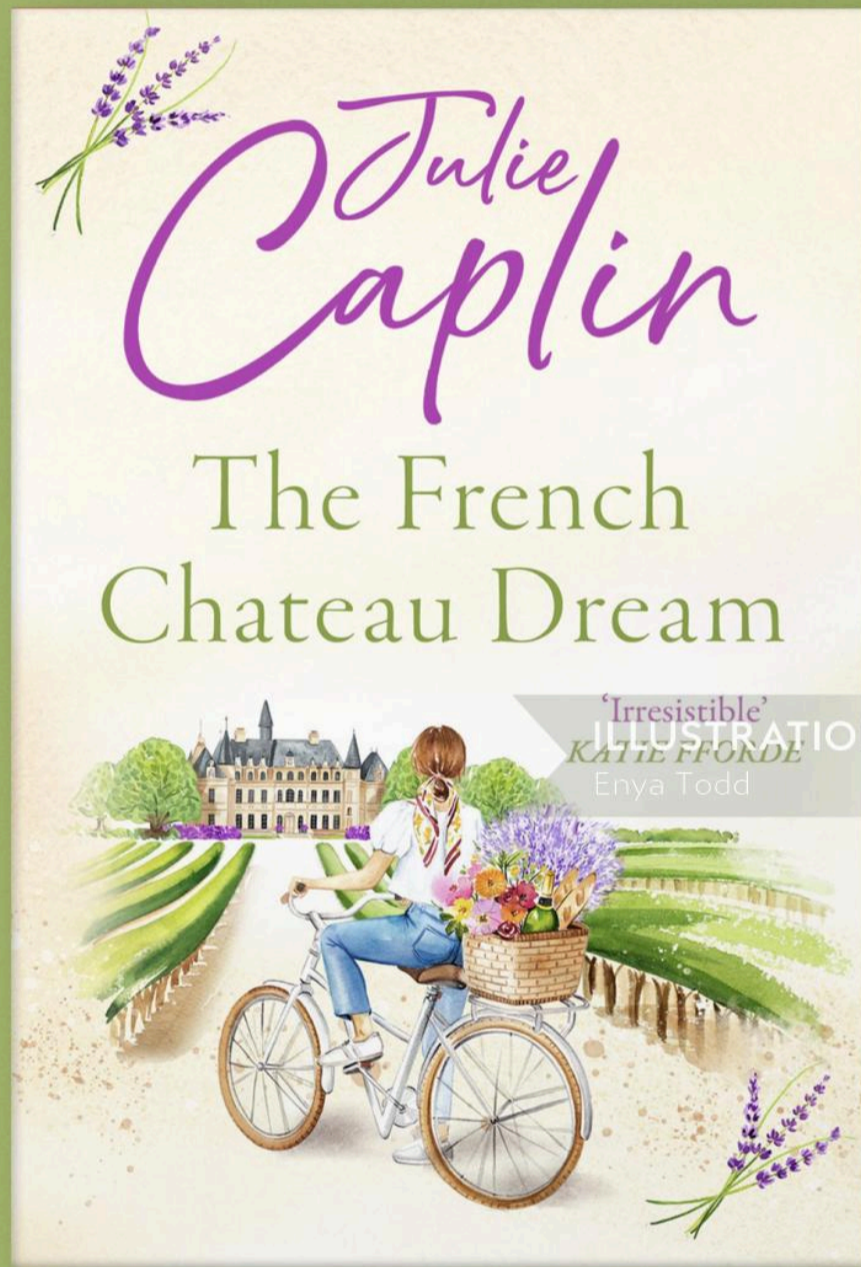
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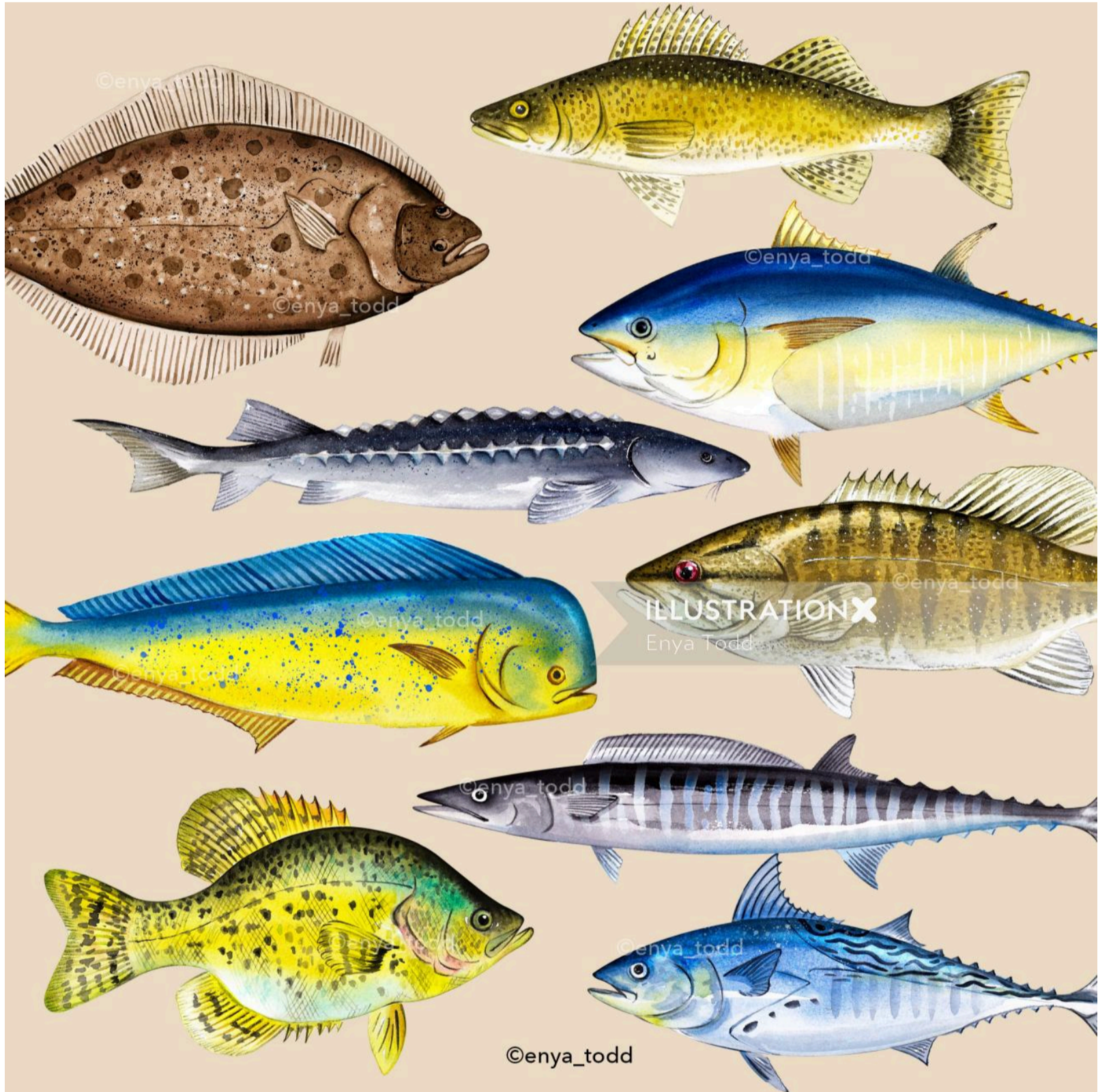
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