

TASTE OF HOME PRESENTS

Based on the
Hit TV Show

MasterChef

PREMIERE ISSUE

MON | TUE 9/8c FOX

Gordon Ramsay's Sweet Side Fresh Berry Tartlet



EXCLUSIVE

All-Star Tips from Judges Joe Bastianich,
Gordon Ramsay, and Graham Elliot



**SUMMER'S
HOTTEST
BURGERS**

Graham Burger
with Brie

Route 66
Slaw Burger

**TOUR THE
WORLD
DISH
BY DISH**

From Chicken
Tikka to
Homemade
Ravioli

**LOVE TO
COOK?**

Be a TV Star!
See Page 1

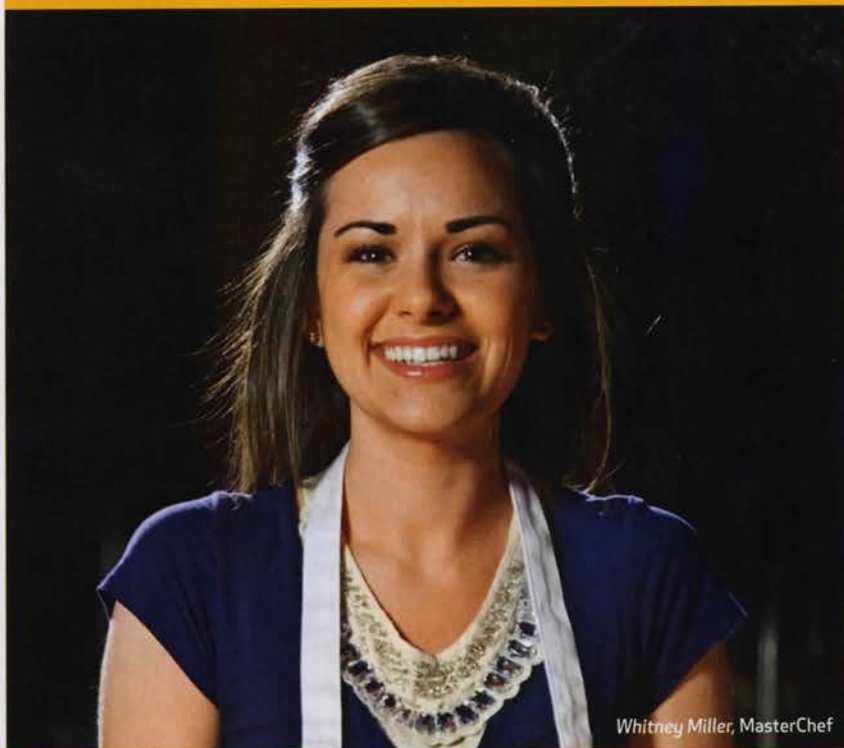
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**Showstopping
Recipes**

FOX.COM/MASTERCHEF

Display until October 10, 2011 | \$9.99





Whitney Miller, MasterChef

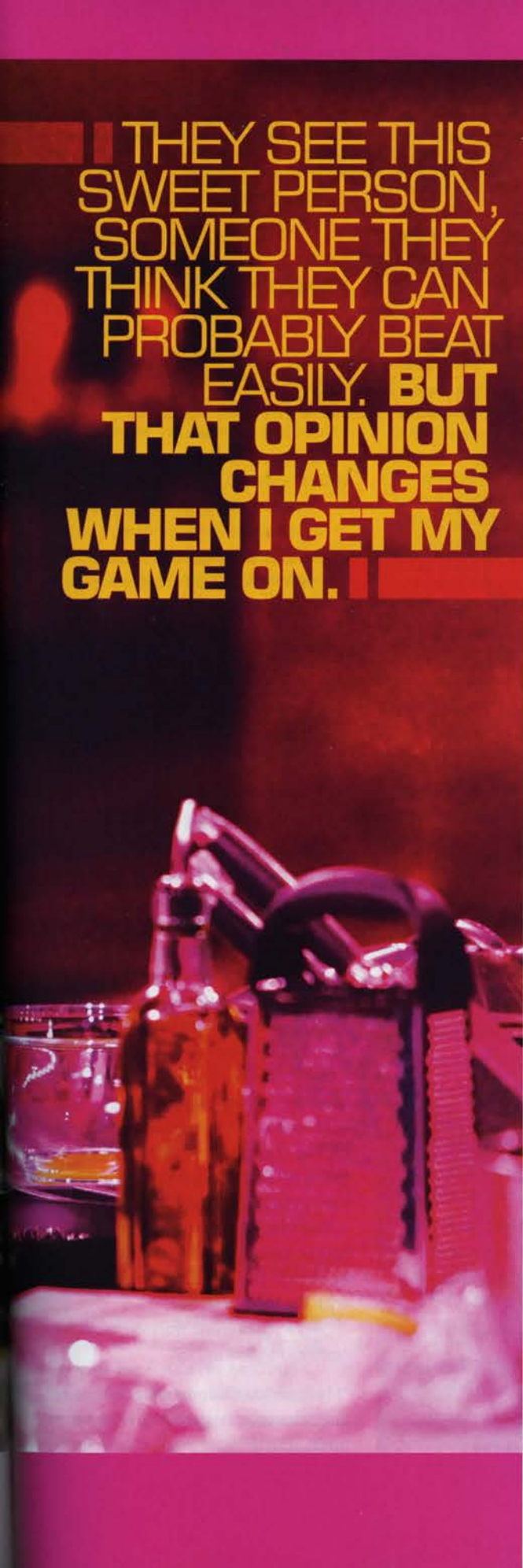
STAINLESS STEEL MAGNOLIA

BY DENISE GEE

It could have been a recipe for disaster. A perky, 23-year-old girl from Mississippi with a big smile, sparkly earrings, and a sweet Southern accent battles it out in a mercilessly competitive kitchen under the scrutiny of superstar chefs. She should have been eaten alive. Instead, under the camera's hot lights, Whitney Miller blossomed from Pastry Princess to Steel Magnolia as America watched.

*Cooking under pressure
doesn't rattle Whitney's
nerves of steel.*





THEY SEE THIS SWEET PERSON, SOMEONE THEY THINK THEY CAN PROBABLY BEAT EASILY. BUT THAT OPINION CHANGES WHEN I GET MY GAME ON.

T

o snag the coveted title of the very first MasterChef, Whitney Miller overcame doubts about her age, cooking abilities, and emotional strength to rise to the top—despite several major setbacks. Remember the chicken-breast-on-the-floor incident in the final minutes of the finale?

Whitney certainly does. But, she says, that probably played in her favor. Instead of feeling defeated by the setback, she used it as motivation. She knew that her victory hinged on the success of that seven-minute chicken breast. And she aced it.

Whitney's laser focus and competitive spirit can be traced back to a different battlefield: the tennis court. Her dad is a tennis coach, and Whitney has been playing since she could pick up a racket. The attitude being lobbed at her from the judges and fellow contestants was nothing new—she's seen it on the court many times. "They see this sweet person, someone they think they can probably beat easily," she says. "But that opinion changes quickly when I get my game on." That's pretty much what happened to her *MasterChef* competitors. "I definitely sneaked up on them," she says.

And then there were the Southern stereotypes. Many were surprised she'd never cooked a pork chop or fried an egg—two Deep South favorites. Doesn't everyone eat pork chops for dinner every night in her hometown of Poplarville, Mississippi (pop. 3,008)? "I love Southern cooking, but I aim for healthier Southern cooking," she says. But that's not to say she can't cook a classic dish if she needs to. "I learned a lot just by watching my family, especially my great-grandmother. And the nice thing is I actually ended up winning a cooking challenge by putting a Southern spin on venison."

MY GREAT-GRANDMOTHER USED TO MAKE BISCUITS IN A CARVED WOODEN BOWL KNOWN AS A DOUGH BOWL, WHICH IS USED FOR MAKING BREAD IN THE SOUTH.



Winning challenge after challenge stoked Whitney's confidence and helped her believe she could do it, even when Gordon doubted her. "He said, 'You're too young. Go back and finish school and one day try again,'" says Whitney. "But I said, 'No, this is my chance. I want to give this everything I've got.'"

She did just that, using the skills she learned in tennis—making fast-paced decisions, focusing on the victory—to wow her competition and her growing legion of fans. "I think I proved culinary know-how when I made not only the perfect pork chop without any previous experience but also chili using beef stock. Beef stock. Everyone was amazed I would use that, but it really made a big difference in flavor."

The other keys to her success? "My family and my faith," she says. "My family is always there for me and believes in me. And I like to think the secret ingredient to me winning was prayer."

That, and a lot of strength and talent to show others, when necessary, that they've been served.

BISCUITS AND CANE SYRUP

FROM *MODERN HOSPITALITY* BY WHITNEY MILLER
MAKES 4 BISCUITS.

- 1 cup self-rising flour
- 2 tablespoons butter-flavored shortening, chilled
- $\frac{1}{3}$ cup milk
- 1 tablespoon canola oil
- 2 tablespoons butter, melted
- Softened butter and cane syrup, for serving*

1. Preheat the oven to 425°F.
2. Place the flour in a medium bowl. Using a pastry blender or a fork, cut the shortening into the flour. Stir in the milk until incorporated. Lightly flour your hands and form the dough into a ball. Divide the dough into four portions. Form a portion into a smooth ball by rolling it between your palms five times. Tuck any rough edges into the top of the ball. Roll between your hands 10 more times to form a smooth ball. Repeat with the other three portions.
3. Grease a cast-iron griddle with canola oil. Dip the smoothest side of each dough ball into the 1 tablespoon oil and flip over so that the smooth side is facing up.
4. Bake for 16 to 18 minutes or until golden brown. Remove from the oven and brush the tops of the warm biscuits with the melted butter.
5. Serve the biscuits warm with softened butter and cane syrup.

*My mom likes to mix softened butter and cane syrup together to enjoy on her biscuits!

SOUTHERN COBB SALAD

FROM *MODERN HOSPITALITY* BY WHITNEY MILLER
MAKES 4 SERVINGS.

- 1 1/3 cups fresh or frozen corn kernels, thawed if frozen
- 1 1/2 cups field peas or frozen black-eyed peas
- 3 cups chopped romaine lettuce
- 1 cup halved grape tomatoes
- 1/2 cup shredded cheddar cheese (2 ounces)
- 1/2 cup chopped cooked bacon
- 2 hard-boiled eggs, chopped
- Buttermilk Herb Dressing (recipe, below)

1. Preheat the oven to 400°F. Lightly coat a baking sheet with cooking spray. Spread the corn on the baking sheet and roast about 10 minutes or until the corn is lightly browned, flipping halfway through the cooking time. Set aside to cool.
2. Bring a small pot of water to a boil over high heat. Add the field peas or black-eyed peas; reduce to a simmer, cover, and cook for 10 minutes. Drain the peas and set aside to cool.
3. To serve, on a large serving platter arrange each salad ingredient in a neat pile and allow guests to assemble their own salads. Serve with Buttermilk Herb Dressing on the side.

BUTTERMILK HERB DRESSING

FROM *MODERN HOSPITALITY* BY WHITNEY MILLER
MAKES 2 CUPS.

HERB MIX

- 2 tablespoons instant nonfat dry milk
- 1 tablespoon dried parsley flakes
- 1/2 teaspoon dried chives
- 1/2 teaspoon dried dill weed
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon Worcestershire and black pepper blend (McCormick)
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon salt
- 1/8 teaspoon paprika

DRESSING

- 1 cup mayonnaise
- 1 cup buttermilk
- 1/2 teaspoon fresh lemon juice

1. For herb mix, in a small bowl combine all of the ingredients.
2. For dressing, in a medium bowl whisk together the mayonnaise, buttermilk, and lemon juice. Add the herb mix and stir to combine well. Transfer the contents to a bottle with a resealable lid. Refrigerate for at least 30 minutes

before using; shake well before serving. The dressing will keep in the fridge for about a week.

Note: For a spicy variation, add 1/4 teaspoon each cumin and chili powder and 1/8 teaspoon cayenne pepper to the herb mix.

PETITE SHRIMP ROLLS

FROM *MODERN HOSPITALITY* BY WHITNEY MILLER
MAKES 8 SERVINGS.

- 1 pound medium shrimp, peeled and deveined
- 2 tablespoons mayonnaise
- 2 tablespoons chopped scallions
- 1 teaspoon grated lemon zest
- 1 teaspoon thinly sliced fresh chives
- 1/2 teaspoon fresh lemon juice
- 1/8 teaspoon salt
- Pinch black pepper
- 1 cup mixed salad greens (spinach, arugula, etc.)
- 8 petite rolls, split lengthwise

1. Coat a medium skillet with cooking spray and place over medium-high heat. Add the shrimp and cook about 7 minutes or until opaque throughout, turning once. Transfer the shrimp to a plate to cool for 5 minutes.
2. When cool enough to handle, chop the shrimp into small pieces. Transfer to a medium bowl and stir in the mayonnaise, scallions, lemon zest, chives, lemon juice, salt, and pepper.
3. To assemble, place some greens on the bottom of each roll. Top each with 1/4 cup shrimp mixture and the roll top.



Petite Shrimp Rolls

WHITNEY'S FAVES

When Whitney takes time off from cooking at home, you might catch her eating at these Mississippi restaurants.

"I love Movie Star Restaurant for their **amazing home cooking** and sweet potato fries."

MOVIE STAR RESTAURANT
5209 Old Highway 11
Hattiesburg, MS

"My favorite Mississippi fish house is Cock of the Walk. You can drive there, but **nothing beats arriving by boat at the restaurant's dock**. The iron-skillet corn bread is out of this world. I love the view of the lake."

COCK OF THE WALK
141 Madison Landing Circle
Ridgeland, MS

"On my way to visit family, I have to stop by Boulangerie Olivier for the scrumptious **Nutella coconut macaroons and unique white chocolate bread**. This is a small-town hidden jewel."

BOULANGERIE OLIVIER
2485 Memphis Street
Hernando, MS

BLACKENED CATFISH TACOS WITH MANGO CHUTNEY AND CILANTRO BLACK BEANS

FROM MASTERCHEF COOKBOOK

MAKES 4 SERVINGS.

CHUTNEY

- 1 ripe mango, halved, pitted, peeled, and cubed
- 1 red bell pepper, halved, cored, seeded, and chopped
- ½ onion, chopped
- ½ small jalapeño pepper, finely chopped (wear plastic gloves when handling)
- 1 clove garlic, minced
- 1 teaspoon freshly grated ginger
- 3 tablespoons packed light brown sugar
- Juice of 2 limes
- 1 teaspoon white vinegar
- 1 teaspoon balsamic vinegar
- Kosher salt and freshly ground black pepper

BLACK BEANS

- 2 tablespoons corn oil
- ½ onion, chopped
- ½ small jalapeño pepper, finely chopped (wear plastic gloves when handling)
- 2 cloves garlic, minced
- ½ teaspoon ground cumin
- Kosher salt and freshly ground black pepper
- 1 can (15-ounce) black beans, rinsed and drained
- Juice of 1 lime
- ¼ cup chopped fresh cilantro leaves, plus more for garnish

TACOS

- 2 tablespoons granulated garlic
- 2 tablespoons chili powder
- 2 tablespoons onion powder
- 1 tablespoon sweet paprika
- ½ tablespoon ground cumin
- 1 teaspoon cayenne pepper
- 2 (8-ounce) catfish fillets, rinsed, patted dry, and halved crosswise
- 2 tablespoons corn oil
- 8 (6-inch) flour tortillas
- ½ cup finely shredded romaine lettuce
- 1 ripe avocado, halved, pitted, peeled, and cubed
- ½ cup sour cream

I LOVE SOUTHERN COOKING, BUT I AIM FOR HEALTHIER SOUTHERN COOKING. I LEARNED A LOT JUST BY WATCHING MY FAMILY, ESPECIALLY MY GREAT-GRANDMOTHER. THE NICE THING IS I ENDED UP WINNING A CHALLENGE BY PUTTING A SOUTHERN SPIN ON VENISON.

1. For chutney, in a pot combine the mango, bell pepper, the chopped onion, finely chopped jalapeño pepper, the 1 clove garlic, ginger, brown sugar, the juice of 2 limes, and vinegars. Season with salt and black pepper. Cook over medium heat for 20 minutes or until the chutney is thickened, stirring occasionally. Remove from the heat and cover to keep warm.

2. For black beans, coat a pot with 2 tablespoons oil and place over medium-low heat. When the oil is hot, add chopped onion, finely chopped jalapeño pepper, the 2 cloves garlic, and the ½ teaspoon cumin. Season with salt and black pepper. Cook and stir for 2 minutes or until the vegetables are softened and fragrant. Stir in the beans and cook for 5 minutes longer, stirring occasionally. Remove from the heat. Squeeze in the juice of 1 lime and stir in the ¼ cup cilantro. Cover to keep warm.

3. For tacos, in a pie plate combine the granulated garlic, chili powder, onion powder, paprika, the ½ tablespoon cumin, and cayenne pepper. Mix with a fork to evenly distribute the spices. Dip both sides of the catfish pieces in the spice mixture to evenly coat, tapping off the excess.

4. Brush a large grill pan with 2 tablespoons oil and place over medium-high heat. When the oil begins to smoke, place the catfish in the pan and grill for 3 to 5 minutes. Turn the fish over and grill for 3 minutes longer or until the fish is completely cooked through. Transfer the fish to a cutting board and use two forks to shred into pieces. Place the tortillas in the grill pan for 30 seconds on each side to warm them up.

5. To serve, place 2 tortillas on each plate and top each with a heaping spoonful of the black beans. Divide the catfish among the tortillas. Top each serving with a spoonful of the chutney and garnish with shredded lettuce, avocado, sour cream, and additional cilantro.



IN THE CRAZINESS OF THE COMPETITION, I ACCIDENTALLY BURNED MY FIRST BATCH OF PROFITEROLES, SO I NEEDED TO START OVER. IT WAS WORTH IT BECAUSE THEY CAME OUT PERFECTLY THE SECOND TIME AROUND.



PROFITEROLES WITH VANILLA CHANTILLY CREAM AND CARAMELIZED BANANAS

FROM *MASTERCHEF COOKBOOK*
MAKES 4 SERVINGS.

PROFITEROLES

- ½ cup all-purpose flour
- ½ teaspoon granulated sugar
- ¼ teaspoon salt
- ½ cup water
- ¼ cup unsalted butter
- 2 large eggs

VANILLA CREAM

- 2 cups heavy cream, cold
- 1 vanilla bean, split and scraped
- ¾ cup confectioners' sugar, plus more for garnish

CARAMEL SHARDS

- 2 cups granulated sugar
- ¾ cup water

CARAMELIZED BANANAS

- ¼ cup unsalted butter
- 3 bananas, bias-sliced ¼ inch thick
- 2 tablespoons granulated sugar
- 2 tablespoons brandy

1. For profiteroles, preheat the oven to 400°F. Line two baking pans with parchment paper or Silpat®. In a small bowl sift together the flour, the ½ teaspoon granulated sugar, and salt. Set aside.

2. In a medium pot combine the ½ cup water and ¼ cup butter. Bring to a boil over high heat. Add the dry ingredients and stir constantly with a wooden spoon for 2 minutes or until the mixture pulls away from the side of the pot. Remove from the heat and whisk in the eggs for 2 minutes or until incorporated and the mixture comes together to form a ball of dough.

3. Scoop the dough into a pastry bag fitted with a large plain round tip or into a plastic storage bag with a hole about the size of a dime cut in one corner. Pipe about 20 golf ball-size mounds onto the prepared baking pans. Dip your finger in water and lightly smooth out the peaks of all the puffs. Bake for 25 to 30 minutes or until golden brown. Remove the profiteroles from the pan and set aside to cool. Wipe off Silpat® or replace the parchment paper—you'll need this for the caramel shards.

4. For vanilla cream, in a large mixing bowl beat the heavy cream with a handheld electric mixer until it forms soft peaks. Add the vanilla seeds. Sift the ¾ cup confectioners' sugar over the cream; fold in gently. Scoop the whipped cream into a pastry bag fitted with a plain round tip. Refrigerate until ready to use.

5. For caramel shards, in a small pot combine the 2 cups granulated sugar and the ¾ cup water. It should look like wet sand. Swirl the pot over medium heat to dissolve the sugar completely. Cook for 5 minutes or until the sugar is melted and begins to turn golden. Continue to cook for 3 minutes longer or until the color deepens to medium amber. Be careful; the sugar is really hot at this point. Remove from the heat. Pour the hot caramel onto the prepared baking pan. Let it cool and harden for 15 minutes and then break up into long shards.

6. For caramelized bananas, in a large skillet melt ¼ cup butter over medium heat. When the butter gets foamy, add the bananas and sprinkle with the 2 tablespoons granulated sugar. Cook and stir for 3 minutes or until the bananas are caramelized on one side and the sugar is melted. Flip the bananas and remove the pan from the heat. Pour in the brandy and ignite with a gas burner flame or long kitchen lighter. Toss the bananas and cook for 2 minutes longer.

7. Make a hole in the bottom of each profiterole and pipe the vanilla cream inside.

8. To assemble, place 5 banana slices in a circle on each plate. Top each banana slice with a profiterole, letting a tip of the banana show. Place 3 caramel shards in the center of each profiterole ring. Dust with additional confectioners' sugar.

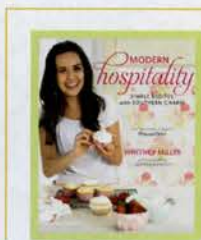
PIPING OUT PROFITEROLES AND MORE

Whitney's profiteroles are made with *pâte à choux* (paht-ah-SHOO), an astonishingly easy pastry dough that produces ravishing results. All it takes is butter, flour, eggs, water, and a spoon. Within 10 minutes you have the base for profiteroles, cream puffs, éclairs, or cheesy gougères.

PROFITEROLES Pipe little balls of *pâte à choux*, bake until golden brown, and you have profiteroles, also called cream puffs. Split and fill with ice cream, whipped cream, and/or douse with chocolate or caramel sauce. Whitney fancied hers up by piping pastry cream into her profiteroles and serving with caramelized bananas and shards of caramel.

ÉCLAIRS These begin with the same pastry dough that is piped into oblong shapes and baked. The finished éclairs typically are split and filled with custard and topped with a chocolate glaze.

GOUGÈRES For a savory version of cream puffs, simply add cheese—typically Gruyère—to the *pâte à choux*. A pinch of nutmeg is traditional, but who says you need to stick to tradition? Unleash your inner chef and flavor it up your way. Go spicy or mellow. Eat the finished airy wonders as is or split the gougères and come up with fillings that would make Chef Gordon Ramsay proud.



From a Southern Kitchen

Modern Hospitality: Simple Recipes with Southern Charm by Whitney Miller (from the winner of Season 1 *MasterChef*) shows off Whitney's fresh spin on many Southern classics, including skinny versions of favorite dishes. It's available at Fox.com/masterchef or wherever books are sold.