

Spiralize It!

Six delicious recipes for your OXO Tabletop Spiralizer
from Mark Bittman, Tish Boyle, and Ellie Krieger



Houghton Mifflin Harcourt

Congratulations on your new OXO Tabletop Spiralizer!



OXO's Tabletop Spiralizer creates uniform, curly noodles from a wide variety of fruits and vegetables for healthy, creative meals. Whether you're making zucchini noodles, preparing homemade coleslaw, or creating a fun garnish, the Spiralizer makes quick work of any spiralizing task. The Tabletop Spiralizer comes with three different stainless steel blades for spaghetti-like noodles, fettuccini-style strands, or ribbon cuts, allowing you to experiment with dozens of different recipes, from breakfast to dessert and everything in between.

OXO® and **Houghton Mifflin Harcourt** make a great team. OXO is committed to making everyday living easier, and Houghton Mifflin Harcourt is dedicated to curiosity, learning, and helping others find success in their goals. We're both excited to bring you these recipes to help you get to know your new OXO product and make something delicious.



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Table of Contents

Spicy No-Mayo Coleslaw	4
<i>from How to Cook Everything Vegetarian by Mark Bittman</i>	
Roasted Sweet Potato Salad with Red Pepper Vinaigrette	6
<i>from How to Cook Everything Vegetarian by Mark Bittman</i>	
Cold "Noodles" with Sesame or Peanut Sauce	8
<i>from How to Cook Everything by Mark Bittman</i>	
"Pasta" with Fast Tomato Sauce	10
<i>from How to Cook Everything by Mark Bittman</i>	
Crispy Baked Potato-Zucchini Pancakes	12
<i>from Comfort Food Fix by Ellie Krieger</i>	
Apple Cake with Maple Frosting	14
<i>from The Cake Book by Tish Boyle</i>	

SPICY NO-MAYO COLESLAW MAKES 8 SERVINGS

adapted from *How to Cook Everything® Vegetarian* by Mark Bittman

If you want restaurant-style coleslaw, you combine shredded cabbage with mayo and maybe a little lemon juice. This version is far more flavorful with far less fat. I like cabbage salad (which is what coleslaw amounts to) on the spicy side, so I use plenty of Dijon, along with a little garlic and chile (you could substitute cayenne for the chile or just omit it if you prefer) and scallions.

2 tablespoons Dijon mustard,
or to taste

2 tablespoons sherry vinegar,
red wine vinegar, or freshly
squeezed lemon juice

1 small clove garlic, minced

1 tablespoon minced fresh chile
(jalapeño, Thai, serrano, or
habanero), or to taste (optional)

¼ cup peanut or extra virgin olive oil

6 cups cored green or red cabbage,
spiralized with the orange blade

1 large red or yellow bell pepper,
roasted and peeled if you like,
seeded, and diced or shredded

⅓ cup diced scallion, more or less

Salt and freshly ground black pepper

¼ cup minced parsley leaves

1. Whisk the mustard, vinegar, garlic, and chile together in a small bowl. Add the oil a little at a time, whisking all the while.

2. Combine the cabbage, pepper, and scallion and toss with the dressing. Season with salt and pepper and refrigerate until ready to serve. (It's best to let this rest for an hour or so before serving to allow the flavors to mellow; the cabbage will also soften and exude some juice. Or let sit for up to 24 hours if you like. Drain the slaw before continuing.) Just before serving, toss with the parsley.

VARIATIONS

Cabbage and Carrot Slaw, Mexican Style

Equally good: Substitute 2 medium carrots, grated, for the bell pepper. Use lime juice in place of the vinegar. Finish with cilantro instead of parsley if you like.

Apple Slaw

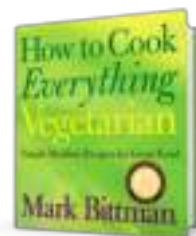
A little sweeter: Use carrots instead of bell pepper, as in the preceding variation. Use 1 medium onion, grated, in place of the scallion. Shred or grate 2 medium or 1 large Granny Smith or other tart, crisp apples and include them in the mix. Lemon juice or cider vinegar is the best choice for the acid here.

ABOUT THE BOOK

An invaluable reference for vegetarians and omnivores alike, *How to Cook Everything® Vegetarian* has made meatless and vegan cooking appealing and accessible to a whole new generation of cooks.

ABOUT THE AUTHOR

Mark Bittman, one of America's most influential and widely respected food writers, is the author of more than a dozen cookbooks, including the award-winning, best-selling *How to Cook Everything®* series.



ROASTED SWEET POTATO SALAD WITH RED PEPPER VINAIGRETTE

MAKES 4 SERVINGS

adapted from *How to Cook Everything® Vegetarian* by Mark Bittman

In this potato-vinaigrette combo, the red pepper dressing is tart, sweet, and spicy, with a touch of cumin. This is best served warm or at room temperature, though of course you can refrigerate and serve it up to a day later, as long as you take it out of the refrigerator beforehand to take the chill off.

4 large sweet potatoes, peeled and spiralized with the orange blade

½ cup extra virgin olive oil

Salt and freshly ground black pepper

¼ cup red wine vinegar or sherry vinegar

1 medium red bell pepper, cored, seeded, and quartered

2 teaspoons ground cumin

1 tablespoon grated orange zest (optional)

½ cup sliced scallion

½ cup minced fresh mint or parsley leaves

1 or 2 minced chiles (jalapeño, Thai, serrano, or habanero), or to taste

¼ cup raisins (optional)

1. Preheat the oven to 385°F. Put the spiralized sweet potatoes on 1 or 2 baking sheets, drizzle with 2 tablespoons of the oil, and toss to coat. Sprinkle with salt and pepper and roast, turning occasionally, until crisp and brown outside and just tender inside, 20 to 25 minutes. Remove and keep on the pan until ready to dress.
2. Make the dressing while the potatoes cook. Put the remaining 6 tablespoons oil in a blender, along with the vinegar, bell pepper, cumin, and zest if you're using it. Sprinkle with a little salt and pepper. Purée until smooth.

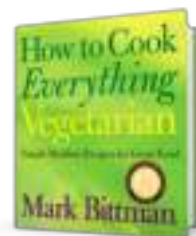
3. Toss the warm potatoes with the scallion, mint, chiles, and raisins if you're using them. Add ½ cup of the dressing and toss to coat, adding more if necessary. Taste and adjust the seasoning. Serve immediately or at room temperature.

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COLD “NOODLES” WITH SESAME OR PEANUT SAUCE

MAKES 2 SERVINGS

adapted from *How to Cook Everything*® by Mark Bittman

A crowd-pleaser and an easy starter or side—or a main course on a hot day. To make it more substantial, add ½ cup or so of small tofu cubes or cooked soybeans. Or top each serving with a few slices of grilled, roasted, or poached chicken.

2 tablespoons dark sesame oil

½ cup tahini, peanut butter,
or a combination

2 tablespoons sugar

3 tablespoons soy sauce, or to taste

1 teaspoon minced fresh ginger
(optional)

1 tablespoon rice or white wine
or other vinegar

Hot sesame oil or Tabasco sauce
to taste

½ teaspoon freshly ground
black pepper, or more to taste

3 medium zucchini,
spiralized with the green blade

1 medium English cucumber,
spiralized with the green blade

Salt if needed

1 medium carrot, peeled,
spiralized with the green blade

At least ½ cup chopped scallion, or
more to taste

¼ teaspoon sesame seeds

1. Whisk together the sesame oil and tahini, sugar, soy sauce, ginger, vinegar, hot oil, and pepper in a large bowl. Thin the sauce with hot water until it's about the consistency of heavy cream; you will need ¼ to ½ cup.

2. Toss the spiralized zucchini and cucumber “noodles” with the sauce. Taste and adjust the seasonings (the dish may need salt), then garnish with the carrot, scallions, and sesame seeds and serve.

VARIATION

Spicy Cold “Noodles” with Pork
Omit the tahini and hot oil from the dressing, adding 2 teaspoons chile oil, or more to taste, 2 tablespoons dark sesame oil, and an extra tablespoon of rice vinegar. Toss about 8 ounces thinly sliced roasted or grilled pork or smoked

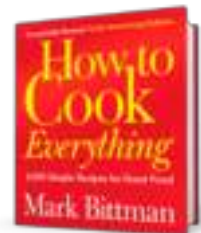
ham with the noodles and sauce. Garnish with bean sprouts, chopped cilantro, sliced scallion, and/or chopped radishes as you like.

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“PASTA” WITH FAST TOMATO SAUCE MAKES 4 SERVINGS

adapted from *How to Cook Everything*® by Mark Bittman

This tomato sauce is among the most basic and useful all-purpose sauces and one that's too easy not to make yourself. The main recipe uses basic pantry ingredients and is familiar to just about everyone, and the variations show you a range of possible directions to take it.

I suggest making double or triple batches of this sauce and freezing some. Prepare the recipe through Step 2, then let the sauce cool, pack it away in freezer bags or tightly sealed containers (small quantities are most useful), freeze, and use within 6 months or so. You can defrost it slowly in the fridge, faster in the microwave, or heat it gently in a covered pan, stirring occasionally to prevent sticking.

**3 tablespoons extra virgin olive oil
or butter**

1 medium onion, chopped

**1 ½ to 2 pounds canned tomatoes,
drained and chopped**

Salt and freshly ground black pepper

**3 medium zucchini, spiralized with
the green blade**

**Freshly grated Parmesan or other
cheese, to taste (optional)**

**Chopped fresh parsley or basil leaves
for garnish (optional)**

1. Put the olive oil or butter in a 10- or 12-inch skillet over medium-high heat. When the oil is hot or the butter is melted, add the onion and cook, stirring occasionally, until soft, 2 or 3 minutes. Add the tomatoes and a sprinkling of salt and pepper.

2. Cook, stirring occasionally, until the tomatoes break down and the mixture comes together and thickens, 10 to 15 minutes.

3. Add the spiralized zucchini “noodles,” toss to combine with the sauce, and cook for 3 to 4 minutes until slightly softened, adding a little more oil or water if the sauce seems dry. Taste and adjust the seasoning, then toss with some cheese and parsley if you’re using them.

VARIATIONS

Fresh Tomato Sauce

A superb option and useful for all the variations, but only for a couple of months a year (I like this very much with butter): Substitute chopped fresh ripe tomatoes (preferably peeled and seeded, about 2 cups) for the canned. Cooking time will be about the same. Garnish with lots of Parmesan or chopped parsley or basil.

Garlicky Tomato Sauce

Omit the onion. Lightly crush and peel 2 to 10 (or even more) cloves garlic; cook in the oil or butter over medium-low heat, turning occasionally, until golden brown, about 5 minutes. Raise the heat, add the tomatoes, and cook as directed. Garnish with parsley or basil.

Spicy Tomato Sauce

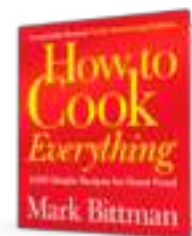
Known as *arrabbiata*, this is one of those rare dishes in which garlic is actually browned intentionally; still, don't overcook it. Omit the onion; put about 1 tablespoon chopped garlic in the oil along with 3 to 5 (to 10, for that matter) small dried red chilies. Cook, stirring, until the garlic is brown, then turn off the heat for a minute, add the tomatoes, and resume cooking. Remove the chilies before serving if you like. Garnish with parsley or basil.

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CRISPY BAKED ZUCCHINI-POTATO PANCAKES

MAKES 4 SERVINGS

adapted from *Comfort Food Fix* by Ellie Krieger

Making fried potato pancakes is practically a competitive sport in my family, with my dad and his brother constantly sparring for the championship. I am more than happy to judge their challenge once or twice a year, but I take comfort in knowing I can enjoy my greaseless version any time the craving hits. Making these two-bites-size allows them to crisp beautifully on the baking tray while the zucchini lightens them and adds lovely flavor and color. They are perfect as a side with roasted meat, but you can also serve them as an upscale appetizer with a dollop of crème fraîche and some caviar.

Olive oil cooking spray

2 teaspoons olive oil

1 small onion, spiralized with the red blade

1 medium russet potato (about 8 ounces), peeled or unpeeled, spiralized with the green blade

1 medium zucchini (about 8 ounces), unpeeled, ends removed, spiralized with the green blade

2 large eggs

2 large egg whites

1 teaspoon fresh lemon juice

¼ cup all-purpose flour

½ teaspoon salt

¼ teaspoon freshly ground black pepper

1. Preheat the oven to 400°F. Coat a baking sheet with cooking spray.
2. Heat the oil in a large skillet over medium heat. Add the onion and cook, stirring, until softened and golden, about 5 minutes. Remove from the heat and allow to cool completely.
3. Roughly chop spiralized potato and zucchini into small pieces. Place the spiralized potato and zucchini in a kitchen towel or cheesecloth, and twist over the sink to squeeze

out as much liquid as possible. Transfer the zucchini and potato to a bowl. In a small bowl, beat together the eggs and egg whites to combine. Add the eggs, onion, lemon juice, flour, salt, and pepper to the zucchini-potato mixture and stir until well combined.

4. Heat the prepared baking sheet in the oven for 3 to 5 minutes until hot, but before the oil begins to smoke. Remove the baking sheet from the oven and immediately begin to make the pancakes and place them on the tray. Use about 2 tablespoons of batter for each, forming it into a flat, 2-inch pancake. You should wind up with 16 pancakes.
5. Bake until the edges begin to crisp, 7 to 8 minutes. Remove from the oven, spray the tops of the pancakes with cooking spray, and flip the pancakes. Bake until browned and crisp, about 5 minutes more. If you prefer, you can cook this batter in a waffle iron until done.

To make into waffles: Spray waffle iron with nonstick cooking spray and add batter. Cook until golden brown.

ABOUT THE BOOK

In *Comfort Food Fix*, Ellie Krieger presents a healthier take on classic American comfort food. These 150 recipes are satisfying dishes without all the calories and saturated fat, making it the perfect cookbook for healthy eaters with healthy appetites.

ABOUT THE AUTHOR

Ellie Krieger, *New York Times* best-selling author and registered dietitian, was the host of Food Network's *Healthy Appetite*, which also aired on the Cooking Channel. She is a columnist for *The Washington Post*.



APPLE CAKE WITH MAPLE FROSTING

MAKES 12 SERVINGS

from *The Cake Book* by Tish Boyle

As this cake bakes, it will fill your house with the warm scent of cinnamon, ginger, cloves, and sweet baked apple. It is a moist, unpretentious cake, perfect as a simple fall dessert or snack.

1 ½ cups (6.4 oz/181 g) all-purpose flour	1 teaspoon vanilla extract
1 teaspoon baking powder	2 large eggs
1 teaspoon ground cinnamon	¾ cup (160 ml) buttermilk
¼ teaspoon ground cloves	2 cups (4.2 oz/120 g) Granny Smith apples, peeled, cored, and spiralized with the red blade (before spiralizing, cut a slit in one side of the apple, stopping near the center)
¼ teaspoon ground ginger	½ cup (2 oz/57 g) coarsely chopped walnuts
¼ teaspoon baking soda	Cream Cheese Maple Frosting (opposite)
½ cup (1 stick/4 oz/113 g) unsalted butter, softened	
1 cup (7.6 oz/217 g) firmly packed light brown sugar	

1. Position a rack in the center of the oven and preheat the oven to 350°F. Grease the bottom and sides of a 9-inch square baking pan. Dust the pan with flour.
2. In a medium bowl, whisk together the flour, baking powder, cinnamon, cloves, ginger, baking soda, and salt; set aside.
3. In the bowl of an electric mixer, using the paddle attachment, beat the butter at medium speed until creamy, about 1 minute. Gradually add the sugar and beat at medium-high speed until well blended and light, about 2 minutes. Add the vanilla extract, then add the eggs one at a time, beating well after each addition and scraping down the sides of the bowl with a rubber spatula as needed. Reduce the speed to low and add the flour mixture in three additions, alternating it with the buttermilk in two

additions and mixing just until blended. Remove the bowl from the mixer stand and stir in the apples and walnuts.

4. Scrape the batter into the prepared pan and smooth the top. Bake the cake for 25 to 30 minutes, until it is golden and a toothpick inserted into the center of the cake comes out clean. Cool the cake completely in the pan on a wire rack.
5. Frost the top of the cooled cake with the maple frosting. Cut the cake into squares and serve it directly from the pan.

CREAM CHEESE MAPLE FROSTING

MAKES 1 ½ CUPS

6 oz (170 g) cream cheese, softened	⅛ teaspoon ground ginger
3 tablespoons (1.5 oz/42 g) unsalted butter, softened	Pinch of freshly grated nutmeg
½ teaspoon vanilla extract	Pinch of salt
⅛ teaspoon maple extract	1 cup (4 oz/ 115 g) confectioners' sugar, sifted
⅛ teaspoon ground cinnamon	

In the bowl of an electric mixer, using the paddle attachment, beat together the cream cheese and butter at medium speed until smooth. Beat in the vanilla and maple extracts, spices, and salt. Reduce the speed to low, add the confectioners' sugar, and beat until well blended. Raise the speed to high and beat until light and creamy, about 2 minutes.

ABOUT THE BOOK

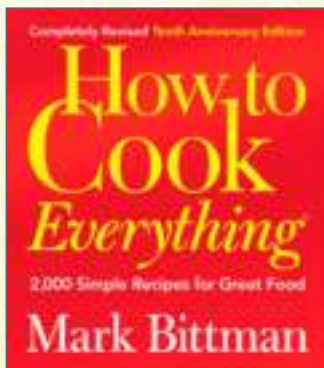
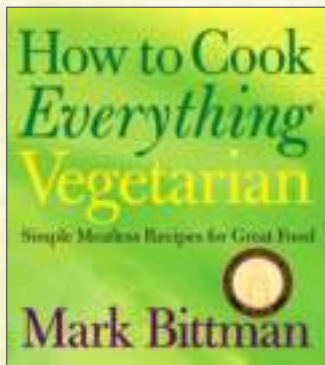
Nearly 200 outstanding recipes for cakes of all kinds, plus practical guidance on ingredients, equipment, and techniques have made Tish Boyle's *The Cake Book* a much-loved and indispensable classic among home bakers everywhere.

ABOUT THE AUTHOR

Tish Boyle is co-editor of *Dessert Professional* magazine and an experienced food writer, cookbook author, and pastry chef. Her other books include *The Good Cookie*, *Diner Desserts*, and *Chocolate Passion*.



For more recipes and inspiration for your OXO Tabletop Spiralizer, enjoy these cookbooks from **Houghton Mifflin Harcourt**, available wherever books are sold.



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www.hmhc.com/cooking