INGREDIENT FACTS
BLOOD ORANGES (in the panna cotta) are an old Sicilian variety. They're grown in **CALIFORNIA, TEXAS,** and **ARIZONA.**

BETTER BEER

STEAK WITH STOUT PAN SAUCE

PREP 20 minutes TOTAL 20 minutes
4 SERVINGS
THE PRODUCT Stout (like Guinness) is a rich, dark British beer that's full of flavor.
THE PAYOFF Restaurant-caliber pan sauce.
CALORIES 376 FAT 17 g FIBER 0

- 5 teaspoons Dijon mustard, divided
- 2 12-ounce New York strip steaks
- 2 teaspoons olive oil, divided
- 1 tablespoon butter, room temperature
- 2 teaspoons all purpose flour
- 1 large garlic clove, pressed
- ½ cup low-salt beef broth
- ½ cup stout
- 1 tablespoon (packed) dark brown sugar
- 1 tablespoon soy sauce

Spread 1 teaspoon mustard over steaks; sprinkle with salt and ground black pepper. Heat 1 teaspoon oil in large nonstick skillet over medium-high heat. Cook meat about 4 minutes per side for medium-rare. Transfer to plate; tent with foil. Wipe out skillet.

Mash butter and flour in small bowl; set aside. Heat 1 teaspoon oil in same skillet over medium-high heat. Add garlic; sauté 15 to 20 seconds. Add broth; bring to boil. Whisk in stout, brown sugar, soy sauce, 3 teaspoons mustard, and butter mixture. Boil until reduced to ⅔ cup, 2 to 3 minutes.

Thinly slice steaks; divide among plates. Drizzle sauce over and serve.

BLOOD ORANGES

BLOOD ORANGE PANNA COTTA

PREP 30 minutes TOTAL 55 minutes
MAKES 6
THE PRODUCT An orange that's streaked with red throughout and almost seedless.
THE PAYOFF Sweet-tart flavor and pinkish-red color that come together in an easy, sophisticated dessert.
CALORIES 214 FAT 10 g FIBER 1 g

- 2⅓ cups fresh blood orange juice (from about 12 blood oranges), divided
- 1¾ teaspoons unflavored gelatin
- ¾ cup sugar, divided
- 7 teaspoons finely grated blood orange peel, divided
- ⅔ cup fat-free plain Greek-style yogurt
- ⅔ cup heavy whipping cream
- ½ teaspoon fresh lemon juice
- ½ teaspoon cardamom seeds, crushed (from about 16 pods)

Pour 1 cup juice into medium saucepan; sprinkle gelatin over. Let stand 15 minutes.

Stir gelatin mixture over low heat until gelatin dissolves, 1 to 2 minutes. Add ½ cup sugar and 5 teaspoons orange peel; stir until sugar dissolves, 1 to 2 minutes longer. Strain into medium bowl, pressing on solids. Discard solids in strainer. Cool juice mixture 10 minutes. Whisk yogurt, cream, and lemon juice into orange juice mixture until smooth. Divide among six small goblets. Chill until set, at least 4 hours ahead.

Stir 1⅓ cups orange juice, ¼ cup sugar, 2 teaspoons orange peel, and cardamom in medium saucepan over low heat until sugar dissolves. Increase heat and boil until reduced to 6 tablespoons, 16 to 17 minutes. Strain syrup into small bowl; chill.

Spoon some of syrup over each panna cotta and serve.

AVOCADO OIL

AVOCADO-GOAT CHEESE SALAD WITH LIME DRESSING

PREP 30 minutes TOTAL 30 minutes
4 SERVINGS
THE PRODUCT A delicious oil that's a good source of healthful fat.
THE PAYOFF Rich, buttery flavor.
CALORIES 335 FAT 29 g FIBER 8 g

- 1½ cups matchstick-size strips peeled jicama
- ¼ cup avocado oil
- 3 tablespoons fresh lime juice
- 1 5-ounce package mixed greens
- 1 large avocado, peeled, pitted, sliced
- 1 5-ounce package soft fresh goat cheese or Cotija cheese, crumbled

Toss first 4 ingredients in large bowl. Sprinkle with salt and pepper. Add avocado and goat cheese; toss gently. Divide salad among plates. ■

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