



Easy Tahini Dips

EACH RECIPE
MAKES: 1 cup
(8 servings)

Turmeric-Ginger Tahini Dip

Whisk until mostly smooth:

- ½ cup tahini
- ¼ cup rice vinegar
- ¼ cup water
- 1 Tbsp. grated fresh ginger
- 2 tsp. ground turmeric
- 1 tsp. grated garlic
- ½ tsp. salt

CAL 92 (PER 2 TBSP.)

Green Tahini Ranch Dip

Process in a blender until mostly smooth:

- 1 cup packed baby spinach
- ½ cup tahini
- ½ cup water
- ¼ cup chopped fresh dill *and/or* chives
- 2 Tbsp. white-wine vinegar
- 1 clove garlic
- ½ teaspoon salt

CAL 91 (PER 2 TBSP.)

Pomegranate-Beet Tahini Dip

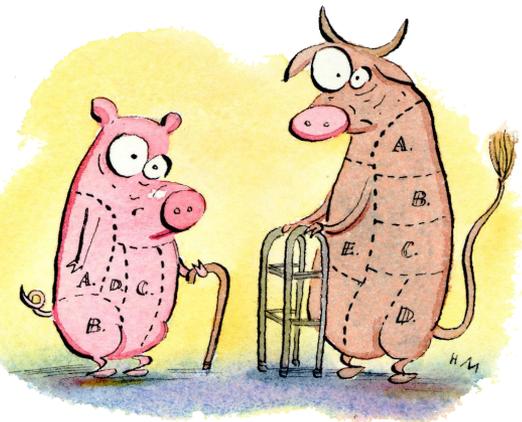
Whisk until mostly smooth:

- ⅓ cup tahini
- ⅓ cup plain kefir
- ¼ cup finely grated red beet
- 2 Tbsp. lemon juice
- 2 Tbsp. pomegranate juice
- 1 tsp. ground cumin
- 1 tsp. honey
- ½ tsp. salt

CAL 72 (PER 2 TBSP.)

Aged to Perfection

CHEFS ACROSS THE COUNTRY ARE TURNING TO THE RICHER FLAVOR OF OLDER ANIMALS
BY MAGGIE HENNESSY



“It’s like the first time you taste a home-grown carrot compared to an out-of-season supermarket carrot,” says Paul Fehribach, chef/co-owner of Big Jones in Chicago, describing the taste of meats from mature animals. “Younger animals are more succulent, but you can’t equate tenderness with flavor.”

Most of the meat we eat comes from young animals—6-month-old pigs, 1- to 2-year-old cattle and 5-week-old chickens. But a new class of chefs are tapping retired working animals, such as dairy cows (6 to 8 years old) and old laying hens (1 to 2 years old), as a resource of deeply flavorful meat. Usually, these older animals would become ground meat or go

into pet food, but Fehribach would rather make this meat be the star of the plate. He serves daube featuring mutton, and country hams from breeding sows. Elsewhere, José Andrés (Bazaar Meat, Las Vegas) and Mark Canzonetta (Aqua Pazzo, Boardman, Ohio) are showcasing aged steaks made from retired dairy cows.

These cuts are ideal for low-and-slow cooking, which tenderizes this otherwise tough meat. Laying-hen meat brings a rounder, richer flavor to coq au vin. Older hogs add a sausage-esque quality to chilis, while mutton stands up nicely to spicy curry. Seek out this meat at your farmers’ market. Says Fehribach: “Any farmer would be thrilled to start that conversation.”