

# FOOD

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PHOTOS BY AHMAD TERRY/ROCKY MOUNTAIN NEWS

**Scallops and Sweet Potatoes** With Wild Mushrooms and Green Beans is layered in the pot so that each component of the dish

can be removed easily and served separately on the plate, rather than scooped out like a casserole or a stew. **Recipe 6D.**

## One-pot wizardry

Patented 'infusion cooking' turns out layers of flavor

By Marty Meitus  
ROCKY MOUNTAIN NEWS

When Elizabeth Yarnell received one of those small cast iron-and-enamel Dutch ovens as a wedding present, she and her husband weren't sure what to do with it.

Who knew that it would become the MVP of their home kitchen?

Yarnell has patented a way of cooking in a Dutch oven, giving new meaning to the phrase *one-pot meals*. By layering the various components of a dish, she has figured out a way to do an all-in-one meal that doesn't turn into a melange of meat and vegetables, aka a soup, stew or casserole.

Rather, each layer can be lifted out with tongs so that you end up with perfectly cooked ingredients, such as broccoli, chicken and rice, without using three pots to make them.

"I call it 'infusion cooking,'" Yarnell says. "When everything goes into the pot and into the high heat (in the oven) and the ingredients heat up, they release their moisture, and that's what cooks everything."

Sounds simple, doesn't it? But Yarnell, 36, worked on her newly released cookbook, *Glorious*



**"Infusion cooking" creator** Elizabeth Yarnell has had the process patented.

### Related events

- **An Evening of Glorious One-Pot Meals With the National MS Society** — 6 p.m. today, Roth Distributing Distinctive Appliances, 17801 E. 40th Ave. (near Denver International Airport), 303-831-0700. Free, \$5 donation requested.
- **Cooking/book-signing** — 11 a.m. to noon Saturday, Highlands Ranch Tattered Cover, 9315 Dorchester St., 303-470-7047
- **Demonstration cooking class** — The focus will be on cooking whole grains in Glorious One-Pot Meals, 1 p.m. Dec. 10, Wild Oats Community Market, 1111 S. Washington St. Space is limited; call 303-733-6201 to reserve your spot.
- **Hands-on Cooking Workshop** — 6:30 p.m. Jan. 12, the Seasoned Chef Cooking School, 999 Jasmine St., 303-377-3222

Flip to ONE-POT on 6D

**On the cover:** Elizabeth Yarnell adds the finishing touches to California Chicken, with couscous, avocados and chicken. **Recipe 7D.**

# One-pot: Perfection took time for 'infusion' method's creator

Continued from 3D

**One-Pot Meals** (\$14.95 at the Tattered Cover and on the Web site [www.gloriouspotmeal.com](http://www.gloriouspotmeal.com)), for six years as she perfected her recipes and taught the process to students at the Seasoned Chef Cooking School in Denver.

"I think she's developed a pretty remarkable cooking method for making quick, easy, healthy meals," says Susan Stevens of the Seasoned Chef. "Her classes have been very well-received by her students. The classes always fill up and sell out because people appreciate the ease of putting healthy ingredients together for a quick meal."

The dishes take about 45 minutes in the oven. Getting the timing

right so that all the ingredients would cook — and not overcook — was challenging, to say the least.

"I spent a lot of time figuring out how much liquid you need to add so your pasta doesn't get mushy and so your rice comes out perfectly and your couscous is fluffy."

On this particular day, her husband, Ed Cope, who teaches English at a charter school, has the day off, so he's watching the kids, Lilia, 1, and Jeremy, 3. Jeremy keeps pecking in as his mother prepares lunch in that kidlike "notice me but not enough to make me leave the room" fashion.

Although she has kid-friendly meals in the cookbook, this is a one-pot scallop dish for grown-ups.

"Some flavors he likes," she says. "He's a mac-and-cheese kid, certainly, but he's a pretty adventurous eater."

Yarnell cuts vegetables and layers them in the pot, undistracted by Jeremy and not missing a beat. There's no mess, other than a cutting board, to clean up. She sits down to talk during the 45 minutes that the food cooks.

Miraculously, not only is the meal done on time, but it's delicious. So delicious that within a matter of moments everyone has cleaned his plate.

Yarnell, who designs corporate training manuals and programs and is a technical writer, has taken a few cooking classes but has no

professional cooking experience. She began to take an interest in healthier eating after she was diagnosed with multiple sclerosis just before her 30th birthday.

She and Cope were engaged and buying their first house at the time, a fixer-upper. "All this was going on at once and I woke up and I couldn't read my computer. I went (temporarily) blind in one eye, and there's confusion that goes along with a massive attack. I thought it was an eye problem," Yarnell says.

With treatment, she hasn't had any problems since 2000, "but I think eating well plays into it," she says. Still, it took her husband, a speed athlete who used to run and ski competitively, to push her in that direction.

"When I was single, my staple was gummy bears," she says. "I didn't like to cook for myself, so if I went grocery shopping, I'd end up with a refrigerator full of rotten food."

Cope helped her to develop the concept and hone the recipes. "He had worked in a restaurant, so he understood food," she says.

For a while, her new concept was just one of several techniques she used, but when a friend asked her for lessons, she knew she'd stumbled onto something. The friend said, "Can you teach me to cook, because you eat so well?"

As she wrote down recipes for her friend, "I found that most one-pot meals said, 'Serve with rice,' which means you have to make something else" — and dirty another pot.

The cookbook has recipes for all kinds of ethnic flavors and foods — Moroccan, Thai, Indian, American, American Indian, vegetarian. "It teaches you how to be an intuitive cook," she says. "It helps you with the flavor combinations to give you full flavor."

But she realized that it was her process that was critical to the all-in-one result, hence the patent. "I was (willing to spend the money for the patent) because how many times do you invent something?" she says.

She'd like to teach the process to anyone and everyone. "I'm so evangelical about it," she says.

Here are three recipes from the cookbook. Yarnell has tested some of the recipes in a stainless-steel Dutch oven, but the results, she says, weren't as reliable as with an enameled cast-iron pot. The recipes are based on a 2-quart Dutch oven, which generously serves two adults, but she includes a conversion chart in the book for those who want to use a larger size.

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## California Chicken

Makes 2 servings

- 1/2 cup couscous, dry
- 1/2 cup water
- 2 pieces chicken
- 1/2 teaspoon salt
- 1/4 teaspoon lemon pepper
- 1/2 green bell pepper, seeded, cut in wedges
- 2 tomatoes, cored, cut in wedges
- 1/2 cup olives, small, ripe, pitted, sliced
- 1 avocado, firm-ripe
- 1/2 onion, chopped
- 1 teaspoon celery salt
- 1/4 teaspoon dried marjoram
- 1/4 teaspoon dried basil
- 1 tablespoon dry sherry
- 1 tablespoon lemon juice
- Preheat oven to 450 degrees.
- Spray inside of 2-quart Dutch oven and lid with olive or canola oil.

- Pour dry couscous into pot.
  - Add 1/2-cup water and evenly distribute grains across bottom.
  - Arrange the chicken atop the couscous. Season lightly with salt and lemon pepper.
  - Add layers of green peppers, tomatoes and olives. Again, season lightly with salt and lemon pepper.
  - Halve, pit and peel the avocado. Then layer it in slices or cubes on top of everything.
  - In a small bowl, combine the onion, celery, salt, basil, marjoram, sherry and lemon juice and pour into pot over all ingredients.
  - Cover and bake for 45 minutes.
- Nutritional information per serving:** 545 cal., 21 g fat (3 g sat.), 79 mg chol., 57 g carb., 982 mg sodium, 12 g fiber, 34 g pro.

## Thai Curry With Tofu And Rice

Makes 2 servings

- 1 cup white rice
- 6 to 8 ounces tofu, extra-firm
- 1/2 medium zucchini, cut into 1-inch sticks 1/2-inch wide
- 8-ounce can bamboo shoots, drained and rinsed
- 1/2 red bell pepper, cut in 1-inch sticks
- 1/2 yellow bell pepper, cut in 1-inch sticks
- 14-ounce can coconut milk, regular or light
- 1 tablespoon Thai curry paste
- 1 1/2 tablespoons Thai fish sauce (can substitute soy sauce)
- 2 teaspoons sugar
- 1/4 teaspoon paprika
- 1 tablespoon lime juice
- Preheat oven to 450 degrees.
- Spray inside of 2-quart Dutch oven and lid with canola oil.
- Rinse rice in strainer under cold water until water runs clear. Place in pot and smooth into an even layer. Do not add water to the pot.

- Drain tofu and place on bed of paper towels.
  - Cover with folded paper towels and press firmly to squeeze as much liquid out as possible.
  - Cut into 1-inch cubes and place on top of rice. Top with layers of zucchini, bamboo shoots and bell peppers.
  - In a separate bowl, whisk coconut milk, curry paste, fish sauce, sugar, paprika and lime juice. Be aware that coconut milk separates into liquid and solids when stored; be sure to use all the contents of the can.
  - Whisk until all ingredients are dissolved. Pour mixture over top.
  - Cover and bake for 45 minutes or until rice is tender. You'll smell the full-bodied aroma wafting from the oven when it's ready — 3 minutes after the first whiff.
- Nutritional information per serving:** 870 cal., 48 g fat (38 g sat.), 0 chol., 96 g carb., 1,086 mg sodium, 6 g fiber, 23 g pro.



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## Scallops And Sweet Potatoes

Makes 2 servings

- 1 small sweet potato or yam
- 2 to 3 shallots or 1/4 onion, chopped
- Salt and pepper
- 5 to 7 mushrooms, wild preferred
- 1/2 to 3/4 pound scallops, fresh or frozen, sea or bay
- 4 to 7 cloves garlic
- 1 tablespoon ginger, freshly grated or 1/2 teaspoon dry
- 1 tablespoon chives, chopped
- 1/2 cup chicken or vegetable broth
- 1 cup green beans, 2-inch pieces or broccolini florets
- 1 teaspoon lemon juice or 1/4 lemon squeezed
- Preheat oven to 450 degrees.
- Spray inside of 2-quart Dutch oven

- and lid with canola oil.
  - Peel and julienne sweet potato, and place sticks loosely in bottom of pot.
  - Add shallots or onions, and salt and pepper to taste.
  - Layer on mushrooms and arrange scallops on top. Lightly salt and pepper.
  - Sprinkle garlic, ginger and chives and pour broth over all.
  - Finally, set green beans inside and drizzle with lemon juice.
  - Cover and bake for 40 minutes, or around 3 to 4 minutes after the aroma first wafts out of the oven.
- Nutritional information per serving:** 214 cal., 3 g fat (0 g sat.), 37 mg chol., 25 g carb., 324 mg sodium, 5 g fiber, 25 g pro.