

# Glorious one-pot meals

**W**hat if there was an easy way to prepare an entree, a starch and a variety of vegetable side dishes all in one pot that required only about 20 minutes in the kitchen?" asks Denver's Elizabeth Yarnell, author of *Glorious One-Pot Meals*, a new quick and healthy approach to Dutch oven cooking. "What if this way of cooking used healthy, whole foods and skipped the fat and calories of processed ingredients, so that you could watch your waistline while still eating well?" And what if you could "tailor meals to personal dietary needs?"

Finding a solution to all the above was exactly what Elizabeth Yarnell set out to accomplish when, in 1999, she was diagnosed with multiple sclerosis. The result of her efforts is a compilation of recipes, always cooked in a Dutch oven, that are divided into three categories—Hale & Hearty (robust, filling dishes sure to satisfy even the hungriest appetite); Hot & Spicy (exciting flavors from nations near and far giving meals that extra zing); and Light & Flavorful (clean, clear tastes that make the ingredients dance with flavor). Follow a recipe, use your imagination, substitute a more-suitable-for-you-and-your-family ingredient. The result will still be a complete meal in a pot that you can "just bring to the table and serve."

## A BRAND-NEW WAY OF COOKING?

Yarnell thinks yes, it's a brand new way of cooking. In fact, she's patented the method of layering she uses in *Glorious One-Pot Meals*. But just what sets using a Dutch oven apart from throwing some meat and veggies into a Crock-Pot?

"While other methods merge elements and meld flavors," she notes, "ingredients prepared using [this] method retain their shape and integrity. When your meal is ready, you have an entree and various side dishes of vegetables and grains or pasta, each individually infused with flavor from the herbs, spices and/or marinades." Thus, her distinction is made between her layering, where an ingredient becomes infused with flavor but

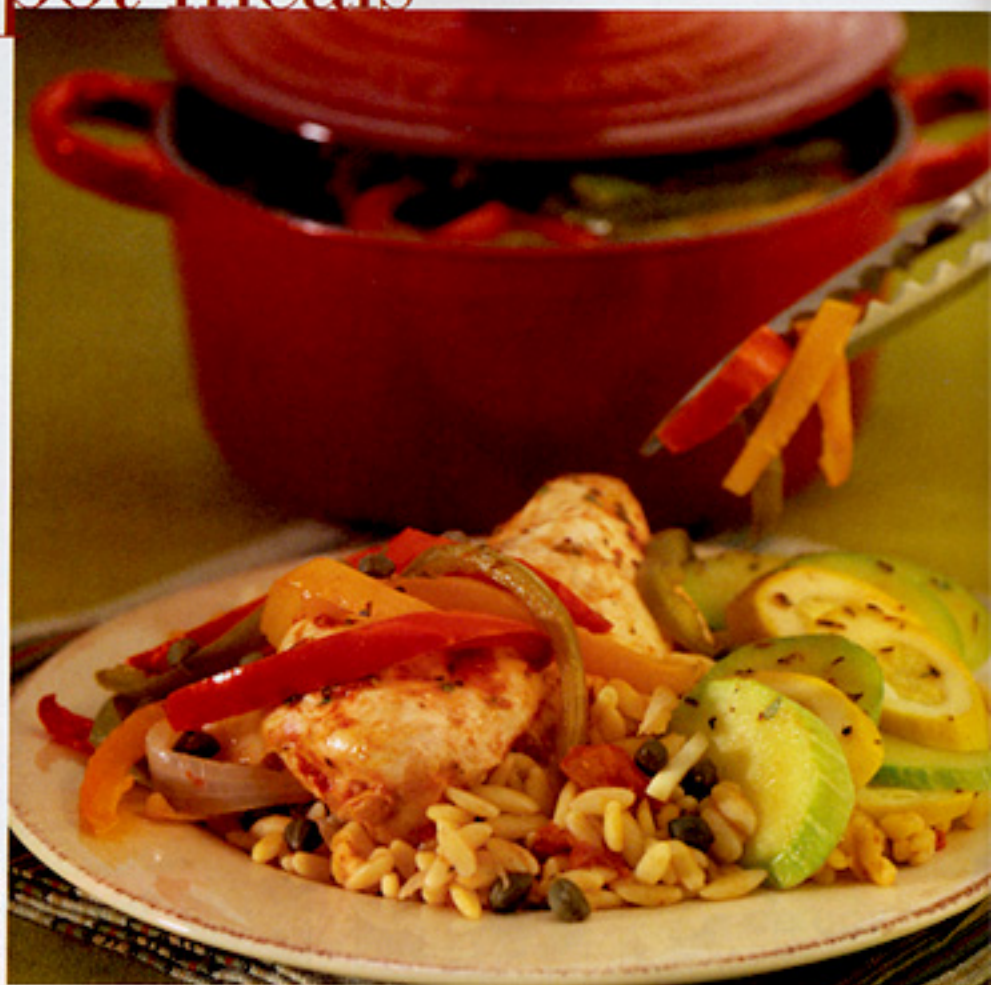
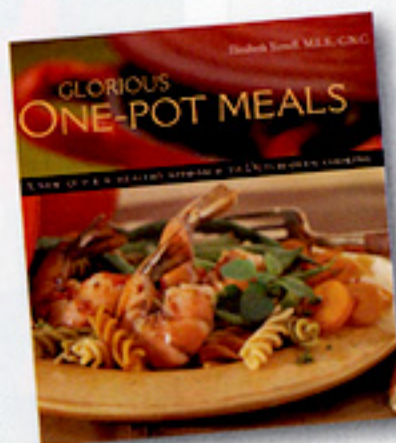


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maintains its individual taste, and slow cooking, where flavors dissolve into each other. She also notes that casseroles, lasagnas, stir-frys and soups do not qualify as One-Pot meals; rather, they are categories unto themselves.

One-Pot recipes are made in a two-quart (or larger, depending on the number of servings) Dutch oven, which, the reader is assured, is not your grandmother's heavy, cast-iron pot. Today's Dutch ovens retain a cast-iron core, but they're lighter, coated with a nonstick surface and dishwasher safe. Ingredients are layered all the way up to the top of the pot, which is then placed in a 450° oven for about 45 minutes. The oven's high heat releases moisture from the veggies and the resulting steam cooks the food.

Yarnell also has a "25-Minute Cooking Class" on DVD, in which she



demonstrates how she puts together a meal while she discusses the whys and hows of One-Pot cooking. It answers just about any question concerning the method you might have.

#### TO BUY

*Glorious One-Pot Meals*, by Elizabeth Yarnell, Pomegranate Consulting LLC, Denver.

- The book is available at local bookstores, from 303-830-COOK (303-830-2665) or from [order@GloriousOnePotMeals.com](mailto:order@GloriousOnePotMeals.com).
- The book is \$14; the book plus DVD is \$29.95; the DVD alone is \$19.94 (plus shipping and handling).



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- Visit [www.gloriouspotmeals.com](http://www.gloriouspotmeals.com) for complete information.
- Also available is an e-book, *Glorious One-Pot KIDS Meals*, 10 "guaranteed kid-pleasing recipes...mild flavors, but not bland, kid-tested recipes for wholesome meals and healthier bodies" for \$4.99. **CE**

Judy Bucher is an award-winning Denver-based freelance editor and writer who is editor of *Architecture & Design of the West* and *Confetti* magazines for New West Publishing.



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