



the Sophisticated

FUSING HOMESTYLE FLAVORS WITH CLASSICAL TECHNIQUES, THREE CHEFS ARE HELPING TO

Spread the word. Southwest-style cuisine is undergoing an amazing revolution in Scottsdale, Arizona. While Southwestern food has long attracted a cult following around the world, chefs in Scottsdale have brought the cuisine to a new level of sophistication.

“Our cooking style is being transformed from exclusively Southwestern to international by a demanding clientele of 6-million-plus visitors from around the world,” says chef Barry Rosenberg, an instructor at the Scottsdale Culinary Institute. “Scottsdale has become the ulti-

mate Southwest travel destination for food lovers.”

It’s not hard to taste why. More than 500 restaurants as well as a world-class culinary institute exist in this resortlike suburb southwest of Phoenix. There is something both comfortingly familiar yet playfully inventive

about the food being created in Scottsdale today, which may be the secret to its success.

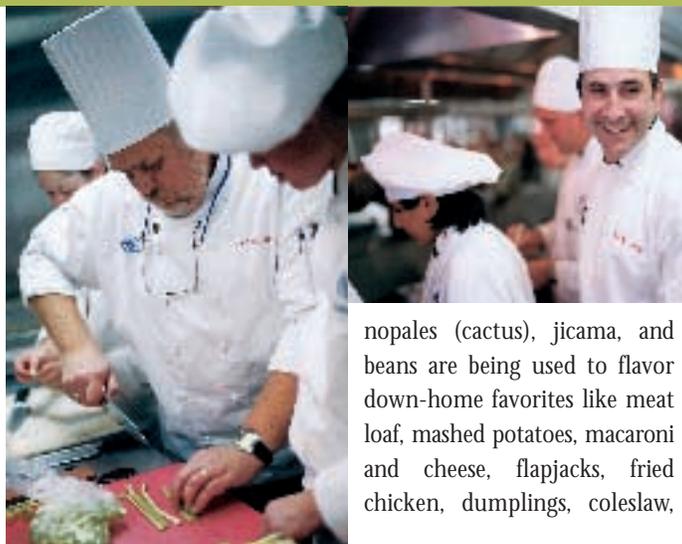
“Many of our local chefs are reinterpreting and reinventing traditional American heartland recipes using classical cooking techniques,” says chef Jon-Paul Hutchins, director of education at the institute. “Their new upscale comfort foods feature inexpensive local ingredients.”

“In our area, chilies, corn,

and homemade catsup,” adds chef Willis Getchell, soup and saucier instructor at the institute.

Home cooking is the very basis of Southwestern cuisine, which is

WILLIS GETCHELL, JON-PAUL HUTCHINS, AND BARRY ROSENBERG (BELOW, LEFT TO RIGHT) TEACH STUDENTS CLASSIC TECHNIQUES AT THE SCOTTSDALE CULINARY INSTITUTE. JUICY PORK TENDERLOIN SITS ATOP A BED OF THREE-ONION CONFETTI (RIGHT; RECIPE PAGE 48).

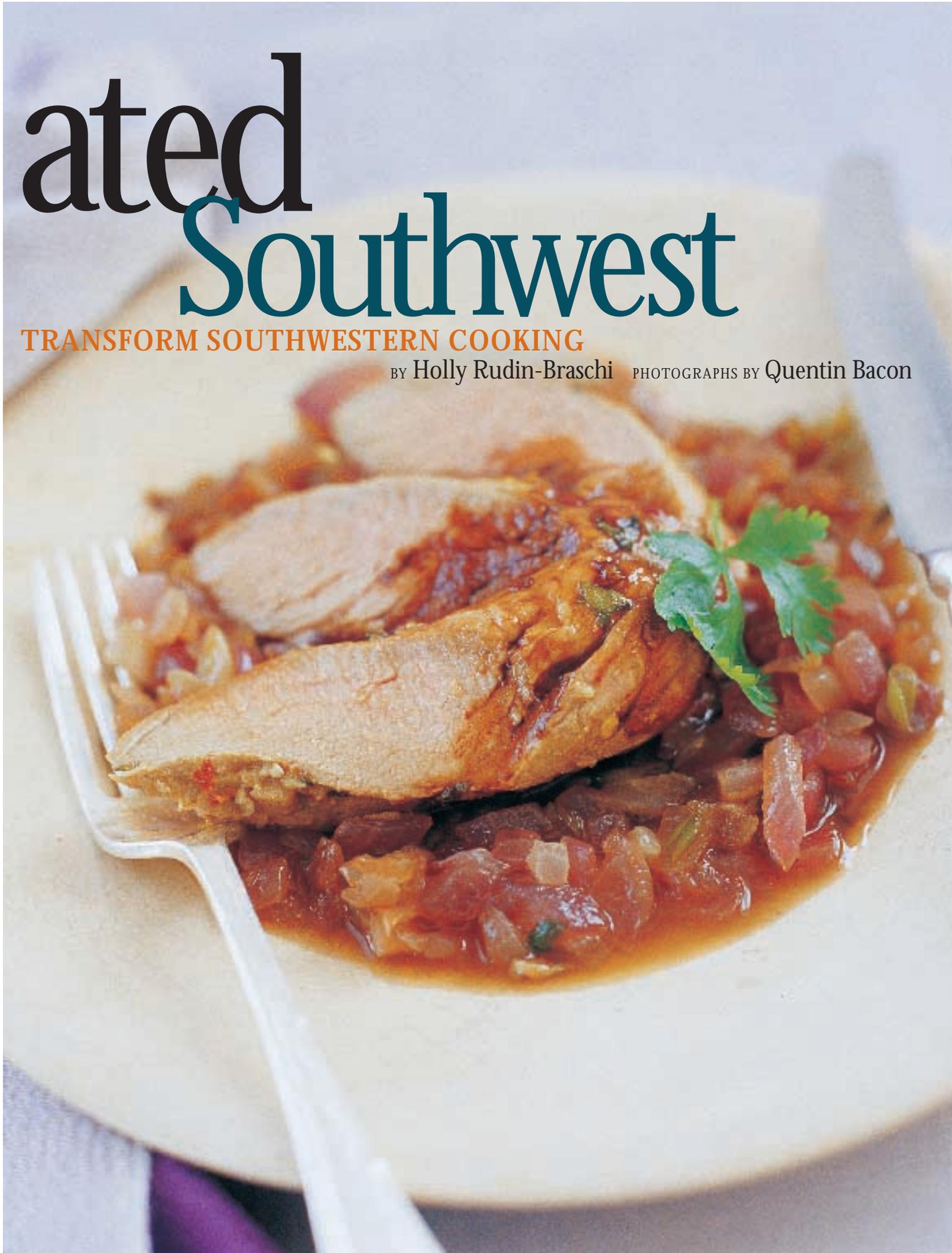


why preparing an elegant and delicious Southwest-style meal is much simpler than you think. Just take a look at the easy-to-follow recipes below. This winter, bring a little Southwest sunshine into your home using the step-by-step menu created especially for *Select* magazine by three of Scottsdale’s expert chefs.

ated Southwest

TRANSFORM SOUTHWESTERN COOKING

BY Holly Rudin-Braschi PHOTOGRAPHS BY Quentin Bacon





CHEF Barry Rosenberg

MENU FOR 4

FIELD GREENS WITH CHILIES,
GRAPEFRUIT, AND GLAZED
PECANS
MARINATED PORK
TENDERLOIN
OVER THREE-ONION CONFETTI
WITH BRANDY SAUCE

“This is the type of food I like to eat at home,” says chef Barry Rosenberg, who teaches purchasing at the culinary institute. “It is elegant yet economical, and easy enough for a novice cook to make successfully. Don’t be afraid to make mistakes when you cook. Start with the freshest ingredients you can find, follow the directions as carefully as you can the first time you make a recipe, and don’t overcook the food. And remember, all recipes can be changed to suit your taste.”

FIELD GREENS WITH CHILIES, GRAPEFRUIT, AND GLAZED PECANS

PREP AND COOK TIME: About 25 minutes

NOTES: Walnuts can be used in place of pecans. Extra dressing will keep for up to 2 weeks in an airtight container in your refrigerator.

MAKES: 4 servings

Glazed Pecans

- 1 tablespoon unsalted butter
- 1 tablespoon granulated sugar
- 4 ounces pecan halves
- $\frac{1}{4}$ teaspoon salt

Vinaigrette and Salad

- 2 medium ruby grapefruit
- 3 tablespoons seedless raspberry jam
- 1 tablespoon crushed green peppercorns, or $1\frac{1}{2}$ teaspoons finely ground

- black pepper
- $\frac{1}{8}$ to $\frac{1}{4}$ teaspoon finely minced or pressed fresh garlic
- $\frac{1}{2}$ cup extra-virgin olive oil or walnut oil
- $\frac{1}{4}$ cup white wine vinegar
- Salt
- 2 bags (5 oz. each) spring salad greens
- 2 medium poblano chili peppers (about 5 to 6 oz. each), roasted and cut into $\frac{1}{4}$ - by 2-inch strips (see “How to Roast Peppers” below right)

Making the Glazed Pecans

1. Line a 10- by 15-inch rimmed pan or cookie sheet with wax or parchment paper. Set aside.
2. In an 8- or 10-inch nonstick pan, melt butter over medium

heat. Add sugar and stir until sugar is dissolved.

3. Reduce heat to low and add pecans, stirring to coat well with the mixture, about 4 to 5 minutes. Continue cooking over low heat until pecans are toasted and sugar is slightly caramelized. Sprinkle salt over pecans and stir to coat.

4. Spoon pecans onto wax-paper-lined pan. Separate pecans and let cool. Do not refrigerate. Use immediately or store in an airtight container at room temperature for up to 4 days.

Preparing the Grapefruit

5. Cut off stem ends of each grapefruit and discard. Place fruit on a cutting board on a cut side.

6. With a sharp paring knife, carefully slice off sections of the peel, following the contour of the grapefruit, until the entire peel is removed. Be sure to slice the peel at the proper depth so you remove it and not the fruit.

7. Carefully cut the half-moon-shaped sections out of the grapefruit, following the lines of the

membranes. As you cut out sections, remove visible seeds. If doing this in advance, put the grapefruit slices in an airtight container for up to 24 hours.

Making the Dressing and Assembling the Salad

8. In a blender, purée jam, peppercorns, garlic, olive oil, and vinegar. Add salt to taste.

9. Place about 8 ounces of the greens in a large bowl, drizzle with $\frac{1}{2}$ cup dressing, and toss to lightly coat (reserve remaining greens for another use).

10. Divide the dressed greens among four plates. Garnish each with grapefruit sections, roasted poblano chili strips, and pecans. Serve immediately.

Per serving: 594 cal., 80% (478 cal.) from fat; 6.0 g protein; 53 g fat (7.4 g sat.); 34 g carbo (4.4 g fiber); 234 mg sodium; 7.8 mg chol.

toes or roasted winter root vegetables such as parsnips.

MAKES: 4 servings

Pork Tenderloin

- 1 to 2 tablespoons olive oil
- 3 tablespoons tequila or lime juice
- 2 teaspoons ground cumin
- 1 tablespoon finely chopped fresh cilantro
- 4 medium cloves garlic, crushed, or 2 teaspoons minced garlic from a jar
- $\frac{1}{2}$ teaspoon hot chili flakes
- $1\frac{1}{2}$ pounds pork tenderloin cut into 4-inch-long sections

Brandy Reduction Sauce

- $\frac{3}{4}$ cup brandy (or $\frac{1}{2}$ cup apple cider and $\frac{1}{4}$ cup balsamic vinegar)
- $\frac{3}{4}$ cup nonfat chicken broth
- 2 ounces butter (optional)

CHEF BARRY ROSENBERG (BELOW) SAYS THE ROASTED POBLANO PEPPERS IN THIS SALAD OF FIELD GREENS (RIGHT) ARE A SOUTHWESTERN STAPLE WORTHY OF THE EFFORT. INSTRUCTORS RELAX BETWEEN CLASSES IN THE INSTITUTE COURTYARD (UPPER LEFT).

MARINATED PORK TENDERLOIN OVER THREE- ONION CONFETTI WITH BRANDY SAUCE

PREP AND COOK TIME: About 35 minutes, plus at least 2 hours marinating time

NOTES: Though brandy adds a smoky-sweet taste and does enhance pork’s natural flavor, this dish can be made without it. Instead, use $\frac{1}{2}$ cup apple cider mixed with $\frac{1}{4}$ cup balsamic vinegar.

Serve the pork and onions with roasted or mashed garlic pota-



Salt and freshly ground pepper

Three-Onion Confetti

- 1 tablespoon unsalted butter
- 1 tablespoon olive oil
- 2 cups diced yellow onion
- 2 cups diced red onion
- 1 cup thinly sliced green onion
- 1 tablespoon balsamic vinegar



1. 1 tablespoon honey
Fresh cilantro sprigs
(optional)

Marinating the Pork Tenderloin

1. In a small bowl, combine olive oil, tequila, cumin, cilantro, garlic, and chili flakes and mix with a fork.
2. Place the tenderloin in a heavy 1-gallon resealable plastic food bag. Pour the marinade into the bag over the meat. Turn the meat to coat all surfaces. Carefully squeeze out all of the air and zip the bag closed. Refrigerate and allow to marinate for at least 2 hours or up to 1 day. Take the bag out of

the refrigerator 1 hour prior to roasting.

Making the Brandy Reduction Sauce

3. In a 1-quart pan over high heat, bring brandy and broth to a boil.
4. Reduce heat and simmer until liquid is reduced by two-thirds, about 12 to 15 minutes. Allow liquid to cool slightly. If not serving immediately, cover and refrigerate.
5. When ready to serve, reheat the reduction sauce over medium heat on the stove or on high (100% power) in your microwave for 3 to 4 minutes. As soon as the mixture begins to bubble, remove from heat and

allow to cool slightly.

6. With a spatula, swirl in butter, if desired. Season to taste with salt and pepper.

Making the Three-Onion Confetti

7. In an 11- or 12-inch skillet over high heat, heat butter and oil. Add all the onions and sauté over high heat until tender, about 6 to 7 minutes. Do not let onions brown. If not serving immediately, cover and set aside on the counter or let cool and store in the refrigerator until the next day.
8. When ready to serve, reheat onions. As soon as the mixture is heated through, stir in vinegar and honey. Season to taste

with salt and pepper.

Roasting the Meat

9. Place meat in a nonstick roasting pan. In a 400° oven, roast meat for 12 to 15 minutes, or until meat is firm to the touch, cooked to medium, and an instant-read digital thermometer registers between 145° and 150°. Allow meat to rest five minutes before slicing so the juices will settle and remain in the meat. Slice meat across the grain into medallions just before serving.

Assembling the Dinner

10. Divide onions evenly among 4 plates. Arrange slices of pork tenderloin attractively over the onions, overlapping slightly. Drizzle sauce over pork, garnish with fresh cilantro sprigs, and serve immediately.

How to Roast Peppers

THIS METHOD WORKS FOR ALL VARIETIES OF PEPPERS, FROM BELL TO JALAPEÑO. If you're working with an extremely hot pepper, wear plastic gloves while removing the charred skin and seeding and cutting the pepper. You can make roasted peppers up to 4 days ahead if you store them in an airtight container in the refrigerator. This process will take about 35 minutes.

1. Arrange oven rack so peppers will be no more than an inch away from the heat. Turn the exhaust fan over your stove to the highest setting, then turn on the broiler.
2. Place peppers in a broiler pan. Set pan under broiler and turn peppers every 1 to 2 minutes until all surfaces are evenly charred. To prevent a broiler fire, watch peppers constantly.
3. Seal peppers in a plastic bag or place under an inverted bowl to steam skin loose.
4. When peppers are cool enough to handle (about 10 minutes), remove the charred skin by carefully scraping with a paring knife. Avoid rinsing the peppers with water, as that will remove some of the flavor.
5. Carefully slice each pepper in half and remove seeds. Use peppers as your recipe instructs.



Per serving: 408 cal., 39% (161 cal.) from fat; 39 g protein; 18 g fat (5.4 g sat.); 23 g carbo (3.4 g fiber); 206 mg sodium; 109 mg chol.

CHEF Jon-Paul Hutchins

MENU FOR 4

SOUTHWEST KISS ON SPICY CHIPOTLE SAUCE SONORAN SLAW

“Put all your love into everything you cook,” advises chef Jon-Paul Hutchins, director of education at the culinary institute. “I believe love is the transcendental ingredient that makes the ultimate comfort food, whether you’re eating your mom’s famous meat loaf or the most accomplished chef’s filet mignon.” Hutchins, who oversees L’Ecole, the institute’s highly rated student-run restaurant, likes to make food as much fun to eat as it is to cook. “I created the Southwest Kiss because I love surprises,” he says. “When you cut into



CHEF JON-PAUL HUTCHINS (RIGHT) USES FILO DOUGH TO ENCLOSE CORN, CHICKEN, BLACK BEANS, AND OTHER SOUTHWESTERN INGREDIENTS IN A DELICIOUS PACKAGE (ABOVE). MAKE SONORAN SLAW WITH STRIPS OF RED AND GREEN PEPPERS AND JICAMA.

the browned fillo package, out pour colored peppers, black beans, chicken, and cheese for an unexpected explosion of color, texture, and aroma.”

For uncomplicated entertaining, make the filling and sauce two days ahead and keep them tightly covered in the refrigerator, suggests Hutchins. “A day ahead, assemble the fillo dough packages and butter them thoroughly on the outside so they can stay in the refrigerator for up to 24 hours before baking.”

SOUTHWEST KISS ON SPICY CHIPOTLE SAUCE

PREP AND COOK TIME: About 55 minutes

NOTES: To save time, use packaged shredded cheese. Cooked chipotle sauce and fillo filling can be made up to 48 hours in advance and refrigerated. Uncooked kisses can be made up to 24 hours in advance and refrigerated. Fillo dough is available in the frozen-foods section where frozen bread dough is sold.

MAKES: 4 servings

Spicy Chipotle Sauce

- 2 cups tomato sauce
- 1 cup canned nonfat chicken broth
- 1 clove garlic
- ½ to 1 teaspoon canned chipotle pepper packed in adobo sauce (or to taste)
- Salt and freshly ground pepper

Southwest Kiss

- ½ cup frozen corn kernels, rinsed and well drained
- 1 pound cooked or grilled

chicken breast, diced and chilled

- 1 cup diced fresh ripe tomatoes, seeded and drained
- 1 can (15 oz.) black beans, rinsed and well drained
- 1 tablespoon finely chopped fresh or canned jalapeño pepper
- ¼ cup diced fresh poblano chili pepper or 1 can (4 oz.) diced green chili peppers
- ¼ cup diced or shredded sharp cheddar cheese
- ½ cup diced or shredded jack cheese
- 1 to 2 tablespoons chili powder

Salt

- 10 tablespoons unsalted butter, softened, or 1 can butter-flavor cooking spray
16 sheets filo dough

Garnish

Fresh cilantro leaves
Sour cream

Making the Spicy Chipotle Sauce

1. In a blender, mix tomato sauce, broth, garlic, and pepper until smooth.
2. Pour mixture into a 2-quart pan and bring to a boil. Reduce heat to low and cook until sauce is reduced to 2 cups (about 12 to 15 minutes).
3. Add salt and pepper to taste. Cover and set aside on counter if serving within the hour, or refrigerate up to 48 hours.

Making Southwest Kisses

1. Preheat oven to 350°.
2. In a nonstick skillet over high heat, constantly stir corn kernels until lightly browned.

lighter and flakier pastry.

5. Place one sheet of filo on a clean, dry surface. To prevent filo from cracking, use a soft pastry brush to lightly brush the edges then the center of the filo with butter, or spray the entire surface with cooking spray. Layer a second sheet of filo over the first and repeat step. Continue repeating with 2 more filo sheets to make a total of 4 layers.

6. Place a 1-cup portion of the chicken mixture in the middle of the filo stack. Gather up ends and twist or squeeze together to make a bag. Brush the outside of the bag lightly with butter or spray with cooking spray. Place on a nonstick baking sheet. Repeat the procedure to make 3 more kisses.

7. Bake 25 to 30 minutes until filo is golden brown and inside is hot.

8. On each of 4 dinner plates, spread $\frac{1}{2}$ cup heated sauce. Place a kiss in the middle of each portion of sauce and garnish with fresh cilantro leaves and dollops of sour cream. Serve immediately.

Per serving: 891 cal., 46% (409 cal.) from fat; 54 g protein; 45 g fat (24 g sat.); 68 g carbo (6.8 g fiber); 1,679 mg sodium; 197 mg chol.

SONORAN SLAW

PREP AND COOK TIME: About 20 minutes

NOTES: Make slaw while kisses are baking. To save time, prepare the jicama with your food processor using the medium shredding disk, and the pepper using a 1- or 2-

millimeter slicing disk.

MAKES: 4 servings

- 2 cups finely julienned jicama
- $\frac{1}{2}$ cup thinly sliced red bell pepper
- $\frac{1}{2}$ cup thinly sliced green bell pepper
- 2 tablespoons finely chopped fresh cilantro
- $\frac{1}{2}$ cup thinly sliced green onion
- $\frac{1}{4}$ cup fresh lime juice
- $\frac{1}{4}$ cup corn or canola oil
- 2 tablespoons granulated sugar
- $\frac{1}{2}$ teaspoon salt
- Pepper

1. In a large mixing bowl, mix jicama, red and green bell peppers, cilantro, and onion.

2. In a small bowl, mix lime juice, oil, and sugar with a fork.

3. Fold the dressing into the jicama mixture and season with salt and pepper to taste. Serve in small bowls.

Per serving: 182 cal., 68% (124 cal.) from fat; 0.9 g protein; 14 g fat (1.7 g sat.); 15 g carbo (3.7 g fiber); 295 mg sodium; 0.0 mg chol.

CHEF Willis Getchell

MENU FOR 8

ROMAINE AND JICAMA SALAD
WITH MANGO-BLACK PEPPER
DRESSING

GREEN CHILI AND TURKEY
SAUSAGE SOUP WITH ROASTED
CORN DUMPLINGS

“For years chefs would throw cumin, chili powder,

green chilies, and lime juice into a recipe and call it Southwestern,” says chef

Willis Getchell, saucier and soup instructor at the culinary institute. “The way you blend and layer the flavors is what

Working with Filo

FILO, PHYLLO, OR FILLO IS THE PAPER-THIN DOUGH THAT creates the delicious crispy pastry layers in traditional Greek dishes like sweet baklava and savory spanakopita (spinach pie). “Filo is extremely versatile and easy to use,” says chef Hutchins. “Let your imagination go wild and use it for any food you would mold, roll, or wrap. It makes great wrappers for egg rolls, enchiladas, strudels, pirogi, blintzes, empanadas, and cannoli. You can even layer it into pie or tart pans to make flaky crusts.”

- For best results, allow filo to defrost in the box overnight in your refrigerator. Carefully unroll filo sheets onto a smooth, dry surface. Cover filo completely with plastic wrap, then with a damp towel, and work quickly to keep the dough from drying out.

- Fat separates the filo leaves and gives them their characteristic flakiness. For a rich flavor, brush with unsalted butter. For a lighter taste, use butter-flavor cooking oil spray.

- Place one sheet of filo on a clean dry surface. To prevent filo from cracking, lightly brush the edges, then the center with softened butter (about 1 $\frac{1}{2}$ teaspoons butter per sheet). Or spray the entire surface with cooking spray. Layer a second sheet of filo over the first and butter or spray in the manner of the first layer. Continue layering the dough and brushing with butter until you use the required amount of filo.

- Be sure to brush the last layer. At this point you can fill the dough with a savory filling as in the Southwest Kiss, or a sweet filling like cooked apples for apple strudel. The dough can then be molded or formed into triangles, rolls, pouches, or other shapes.

- Bake smaller, filled filo shapes on an ungreased nonstick cookie sheet in a preheated 375° oven for 20 to 30 minutes. For larger, thicker items, bake at 350°, so the inside cooks without the outside getting burned.



Set aside to cool.

3. In a 2-quart mixing bowl, combine chicken, tomatoes, black beans, both kinds of pepper, both kinds of cheese, chili powder, cooled corn, and salt to taste.

4. If using butter, microwave butter until it is very soft but not melted. This will give you a



Shortcut Stock

HOMEMADE STOCK is the professional chef's secret for rich-tasting soups, stews, and sauces. For those of us who are short on time but want professional results when we cook, here is chef Getchell's shortcut version, which he calls pantry stock. You can make this stock up to three days before using, or freeze up to 3 weeks. This recipe takes an hour and 20 minutes to make, and yields about 8 cups.

1. In a 5-quart pot over high heat, bring 3 cans (14.5 oz. each) chicken or beef broth, 2 cups diced celery, 4 cups chopped onions, 2 cups diced carrots, 4 sprigs fresh parsley, 2 bay leaves, 1/4 cup wine (white for chicken stock, red for beef stock), 1 tablespoon tomato paste (for beef stock only), and 6 cups water to a boil. Reduce heat and simmer 45 minutes.

2. Put a large strainer over a 4-quart bowl or container. Strain stock, discarding solids.

3. Use stock immediately, or let cool before refrigerating. When cool, cover tightly. (Let cool completely in the refrigerator before freezing.)

4. To freeze, store completely cooled stock in airtight containers or heavy resealable plastic food bags. You can also freeze small portions of stock in an ice tray. When stock is firmly frozen into cubes, break cubes out of the tray and store in resealable heavy plastic food bags.

Per cup: 43 cal., 24% (10 cal.) from fat; 2.7 g protein; 1.1 g fat (0.5 g sat.); 6.0 g carbo (1.1 g fiber); 91 mg sodium; 2.6 mg chol.

makes Southwestern cuisine unique." Getchell, who learned to make matzo ball soup as an executive chef for the Trump organization in New Jersey, uses the same technique for his roasted corn dumplings. "Instead of matzo meal, I use corn masa, a native ingredient."

ROMAINE AND JICAMA SALAD WITH MANGO-BLACK PEPPER DRESSING

PREP AND COOK TIME: About 40 minutes

NOTES: Dressing can be made up to 4 days in advance. To

save time, prepare the jicama with your food processor using the medium shredding disk.

MAKES: 8 servings

Mango-Black Pepper Dressing

- 2 tablespoons frozen orange juice concentrate
- 1 tablespoon balsamic vinegar
- 1 to 2 tablespoons coarsely ground black pepper
- 1/3 cup extra-virgin olive oil
- 1/2 cup chopped mango

Salad

- 2 bags (10 oz. each) chopped romaine lettuce
- 1 small red onion, sliced into very thin rings
- 1 1/2 cups finely julienned jicama
- 2 cups diced mango

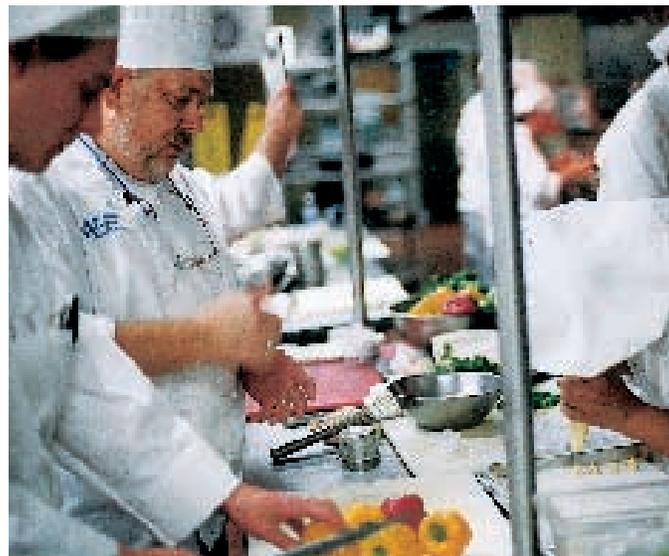
1. In a blender or food proces-

sor, mix concentrate, balsamic vinegar, pepper, olive oil, and mango until smooth. Use immediately or refrigerate, covered, up to 4 days.

2. Mix lettuce, onion, and jicama in a large salad bowl. Add dressing and toss to coat evenly.

3. Put equal amounts of salad on 8 plates. Sprinkle diced mango over salads and serve.

Per serving: 149 cal., 58% (86 cal.) from fat; 2.0 g protein; 9.6 g fat (1.4 g sat.); 16 g carbo (3.3 g fiber); 10 mg sodium; 0 mg chol.



GREEN CHILI AND TURKEY SAUSAGE SOUP WITH ROASTED CORN DUMPLINGS

PREP AND COOK TIME: About 1 hour

NOTES: Masa harina is cornmeal that has been specially processed with lime. It is used primarily in making tortillas and tamales and can be found in bags in the Mexican food section of your supermarket. Regular cornmeal **cannot** be substituted for masa harina in this recipe because it does not have the right texture.

MAKES: 16 cups, or 8 2-cup servings

Roasted Corn Dumplings

- 8 tablespoons canola or vegetable oil

- 2 teaspoons salt
- 4 teaspoons ground cumin
- 2 cups masa harina (see Notes)
- 4 teaspoons chili powder
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 large eggs
- 2 large egg whites
- 1 1/2 cups frozen corn kernels, thawed and drained

Soup

- 1 pound hot or mild Italian raw turkey sausage
- 1 tablespoon canola or vegetable oil

- 1 medium onion, diced (about 1/2 lb. or 2 cups)
- 3 large cloves garlic, minced (about 2 teaspoons)
- 1 medium red bell pepper, diced (about 1/2 lb. or 2 cups)
- 1 medium carrot, diced (about 4 oz. or 1 cup)
- 4 green onions, thinly sliced (about 1 cup)
- 8 cups Shortcut Stock (see side bar) or canned nonfat chicken broth
- 2 medium ripe tomatoes, seeded and diced (about 3/4 lb.) or 2 (14-oz. each) cans stewed tomatoes, drained
- 2 roasted and seeded fresh Anaheim or New Mexico chili peppers (see "How to Roast Peppers," page 49), or 1 (7-oz.) can

CHEF WILLIS GETCHELL (BELOW) SAYS THE FRESH CHILIES IN HIS GREEN CHILI AND SAUSAGE SOUP (RIGHT) BLEND WITH THE CHILI POWDER IN THE DUMPLINGS TO CREATE DIFFERENT DEPTHS OF TASTE. THE JICAMA AND MANGO IN THE SALAD PROVIDE CONTRAST.

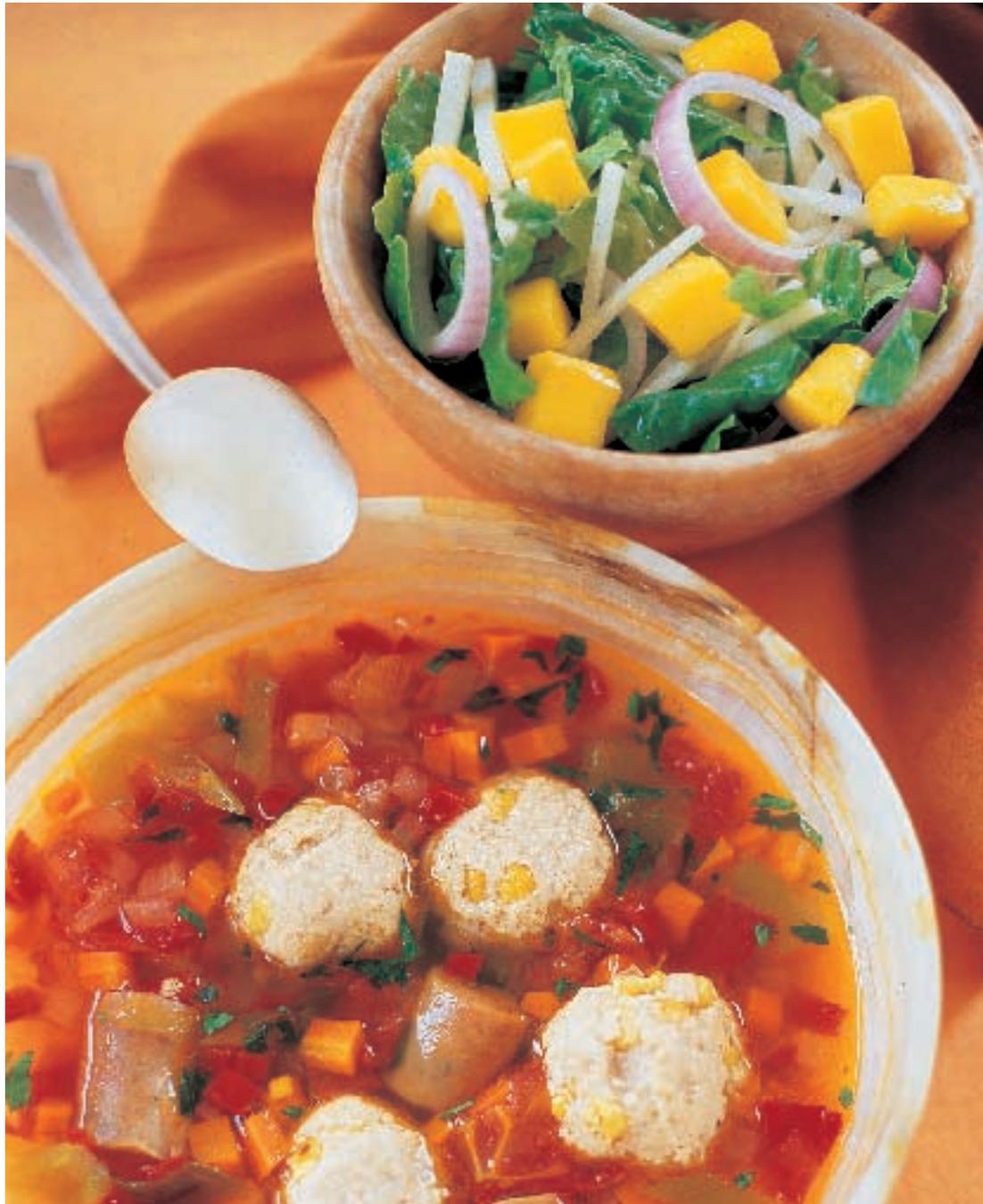


whole green chili peppers, drained and sliced into 1/4- by 1-inch strips

- 1/4 cup coarsely chopped fresh basil leaves
- 2 tablespoons minced fresh parsley
- Salt and pepper

Garnish

Sour cream
Fresh parsley and basil leaves



Preparing the Roasted Corn Dumplings

1. In a 2-quart pan, whisk oil, salt, cumin, and 2 cups hot tap water; set aside. In a 4-cup bowl, mix the masa harina, chili powder, garlic powder, and onion powder with a fork to combine evenly. Set aside. In a 4-cup measure, whisk eggs and egg whites. Cover with plastic wrap and set aside.

2. In a 10- to 12-inch nonstick frying pan over high heat, constantly stir the corn kernels until lightly browned. Set aside to cool while you make the soup.

Making the Soup

3. In a 10- to 12-inch nonstick

frying pan, brown the sausage in its casing. When sausage is cooked through, set aside to cool. When cool enough to touch, cut into 1/2-inch slices. Set aside in a covered bowl.

4. Heat oil in a 5- or 6-quart pan over medium heat. When the oil begins to sizzle, add onion, garlic, bell pepper, carrot, and green onions. Sauté 4 to 5 minutes, stirring frequently, until onion is tender.

5. Add stock or broth, tomatoes, and chilies. Bring to a boil. Reduce heat to low and add basil and parsley. Simmer 10 to 12 minutes over low heat to allow flavors to develop.

Cooking the Roasted Corn Dumplings

6. While the soup is simmering, bring cumin-oil mixture to a boil over high heat.

7. Using a wood spoon, stir the masa harina-chili powder mixture into the boiling liquid, stirring until mixture pulls away from the sides of the pan, about 2 to 3 minutes. Remove from heat and mix in the reserved eggs until evenly combined. Gently mix into the cooled corn.

8. Reduce heat under the soup so it is barely simmering. Spray the inside of a soup spoon or a small ice cream scoop with

cooking oil spray. Scrape some dough into the spoon. With wet hands, form spooned dough into a 2-inch-diameter dumpling. Drop gently into the barely simmering soup. If the ball does not release, use another oiled spoon to push it off. Repeat with the remaining dough to make 16 dumplings. Cook the dumplings 5 to 7 minutes until no longer doughy.

9. Add the sausage and simmer until heated through, about 4 to 5 minutes. Season to taste with salt and pepper.

10. To serve, spoon equal amounts of soup into 8 bowls. Garnish with a dollop of sour cream and a sprinkling of finely chopped fresh parsley and basil.

Per serving: 475 cal., 49% (231 cal.) from fat; 20 g protein; 26 g fat (2.2 g sat.); 46 g carbo (6.6 g fiber); 1,041 mg sodium; 103 mg chol.

Taste for Yourself

IF YOU DECIDE TO HEAD TO SCOTTSDALE to try this new cuisine firsthand, save the date: The annual Scottsdale Culinary Festival will be held April 11 to 16; call (888) 936-7786. For more information about the Scottsdale Culinary Institute, call (800) 848-2433 or visit www.scichefs.com. For general information about vacationing in Scottsdale, call (800) 877-1117 or visit www.scottsdalecvb.com.

To sample well-crafted Southwest-style comfort food, try some of our favorite restaurants:

- Cafe Terra Cotta, 6166 N. Scottsdale Rd. (at the Borgata of Scottsdale); (480) 948-8100.
- Golden Swan, 7500 E. Doubletree Ranch Rd. (at Scottsdale Hyatt Regency Gainey Ranch); (480) 991-3388.
- L'Ecole, 8100 E. Camelback Rd. (the student-run restaurant at the Scottsdale Culinary Institute); (602) 990-7639.
- Lon's at the Hermosa Inn, 5532 N. Palo Cristi Rd. (36th St.), Paradise Valley; (602) 955-7878.
- Razz's Restaurant and Bar, 10321 N. Scottsdale Rd.; (480) 905-1308.
- Roaring Fork, 7242 E. Camelback Rd.; (480) 947-0795