

americas test kitchen jambalaya recipe

America's Test Kitchen Jambalaya Recipe: A Flavorful Journey into Cajun Cooking

americas test kitchen jambalaya recipe has become a beloved staple among home cooks seeking to master the art of Cajun and Creole cuisine. This iconic dish, bursting with robust flavors and hearty ingredients, offers a perfect blend of spices, meats, and rice that's both comforting and exciting to the palate. If you've ever wondered how to recreate that perfect jambalaya with balanced seasoning, tender proteins, and fluffy rice, exploring America's Test Kitchen's approach will give you invaluable insights and a reliable recipe to add to your culinary repertoire.

The Essence of America's Test Kitchen Jambalaya Recipe

Jambalaya is a classic dish with deep roots in Louisiana, reflecting a mix of French, Spanish, and African influences. America's Test Kitchen jambalaya recipe emphasizes getting each component right — from the vegetables and seasoning to the choice of proteins and rice cooking technique. Their methodical testing process ensures the final dish is flavorful without being overly spicy or salty, making it accessible for cooks at any skill level.

What Sets This Jambalaya Apart?

Unlike some jambalaya recipes that might lean heavily on one ingredient, America's Test Kitchen balances the smoky notes of andouille sausage with the sweetness of sautéed bell peppers and the earthy flavor of chicken. The recipe also carefully controls the cooking times to avoid mushy rice, which is a common pitfall in jambalaya preparation. By layering flavors through a combination of fresh aromatics and slow simmering, this jambalaya achieves a rich, cohesive taste.

Key Ingredients and Their Roles

Understanding the ingredients in America's Test Kitchen jambalaya recipe is crucial to appreciating the depth of flavor it delivers:

- **Andouille Sausage:** Adds a smoky, spicy kick that's quintessential to Cajun cooking.
- **Chicken Thighs:** Chosen for their juicy, tender texture and ability to absorb seasoning.
- **Bell Peppers, Onions, and Celery (The Holy Trinity):** These aromatics form the flavor base and provide a subtle sweetness and texture contrast.

- **Tomatoes:** Introduce acidity and moisture, balancing the richness of the meats.
- **Long-Grain White Rice:** The ideal choice for fluffy, separate grains that soak up the stew-like sauce.
- **Spices and Herbs:** A blend of cayenne, paprika, thyme, and bay leaves create a complex, aromatic profile.

This combination ensures every bite is layered with complementary tastes and textures, making the dish satisfying without overwhelming the senses.

Step-by-Step Cooking Process

America's Test Kitchen jambalaya recipe focuses on technique as much as ingredients. Here's a breakdown of how to approach making jambalaya in a way that guarantees success:

1. Browning the Meats

Start by searing the chicken thighs and andouille sausage separately. This browning creates caramelized edges that add depth to the final dish through the Maillard reaction. Removing the meats after browning allows you to build flavor in the pan with the vegetables without overcooking the proteins.

2. Developing the Base

Next, sauté the Holy Trinity—bell peppers, onions, and celery—in the rendered fat from the sausage and chicken. This step softens the vegetables and releases their natural sugars, enriching the jambalaya's foundation.

3. Layering Flavors with Spices and Tomatoes

Once the vegetables are tender, stir in the spices, herbs, and diced tomatoes. This mixture simmers briefly to meld the flavors, allowing the acidity of the tomatoes to balance the richness of the meats.

4. Cooking the Rice

Add the rice directly to the pot along with broth or water. The liquid should be just enough to cook the rice without making the dish soupy. Cover and simmer, avoiding stirring too

much to prevent breaking the rice grains.

5. Combining and Finishing

Return the browned meats to the pot during the rice cooking phase, allowing them to finish cooking while infusing the rice with their savory juices. A final taste test and seasoning adjustment ensure the jambalaya is perfectly balanced before serving.

Tips and Tricks from America's Test Kitchen for the Perfect Jambalaya

Creating jambalaya that rivals restaurant quality at home means paying attention to a few important details:

- **Use Fresh Aromatics:** Fresh onions, celery, and bell peppers make a noticeable difference in flavor depth.
- **Don't Skip Browning:** Searing meats not only adds flavor but also texture contrast.
- **Choose the Right Rice:** Long-grain white rice holds up well and remains fluffy without clumping.
- **Control Liquid Amounts:** Too much liquid leads to mushy jambalaya, so measure broth carefully.
- **Season Gradually:** Start with less salt and spice, then adjust toward the end to avoid over-seasoning.
- **Patience is Key:** Allowing the jambalaya to rest for a few minutes after cooking helps the flavors marry perfectly.

These pointers reflect the thorough testing and refinement America's Test Kitchen is known for, helping home cooks avoid common jambalaya pitfalls.

Variations and Customizations

While the America's Test Kitchen jambalaya recipe provides a classic blueprint, you can tailor it to your preferences or dietary needs:

Seafood Jambalaya

Swap out chicken for shrimp or crawfish for a lighter, slightly sweet variation. Add seafood toward the end of cooking to prevent overcooking.

Vegetarian Jambalaya

Replace meats with hearty vegetables like mushrooms, zucchini, and okra. Use vegetable broth and smoked paprika to replicate the smoky notes.

Spice Level Adjustments

Modify the cayenne and hot sauce quantities to suit your heat tolerance. America's Test Kitchen's recipe is balanced but can be easily made spicier or milder.

Why America's Test Kitchen's Approach is Trusted

America's Test Kitchen stands out for its rigorous approach to recipe development. They test multiple variations to identify the best techniques and ingredient combinations. Their jambalaya recipe isn't just about replicating traditional flavors; it's about optimizing texture, balance, and ease of preparation.

The detailed explanations and science-backed tips they provide empower cooks to understand why certain steps are important, rather than just following instructions blindly. This educational approach helps build confidence in the kitchen and encourages experimentation once you grasp the fundamentals.

Exploring their jambalaya recipe is not just about making a meal—it's about diving deeper into the rich culinary heritage of the American South with a reliable, tested method that guarantees delicious results every time.

Whether you're a seasoned cook or a beginner eager to explore Cajun cuisine, America's Test Kitchen jambalaya recipe offers a foolproof way to experience the authentic flavors of this beloved dish. With its careful balance of spices, perfectly cooked rice, and savory meats, this recipe is sure to become a go-to in your kitchen for gatherings or comforting weeknight dinners.

Frequently Asked Questions

What makes America's Test Kitchen's jambalaya recipe unique?

America's Test Kitchen's jambalaya recipe is unique because it emphasizes a precise balance of spices and the layering of flavors through a combination of browning the meat, sautéing vegetables, and simmering the rice in a flavorful broth for a rich and authentic taste.

Does America's Test Kitchen recommend using smoked sausage or another type of meat in their jambalaya recipe?

America's Test Kitchen recommends using a combination of smoked sausage, such as Andouille, along with chicken and sometimes shrimp to create a depth of flavor in their jambalaya recipe.

How does America's Test Kitchen ensure the rice is perfectly cooked in their jambalaya recipe?

They ensure perfectly cooked rice by toasting the rice first, then simmering it with the meat and broth, and covering the pot to allow the rice to absorb all the flavors while cooking evenly without becoming mushy.

What vegetables are used in America's Test Kitchen jambalaya recipe?

The recipe typically includes the 'holy trinity' of Cajun cooking: onions, celery, and bell peppers, which are sautéed to build the base flavor of the jambalaya.

Is America's Test Kitchen jambalaya recipe spicy?

The recipe has a moderate level of spiciness, which can be adjusted by controlling the amount of cayenne pepper or hot sauce added. It balances heat with savory flavors to suit a wide range of palates.

Can America's Test Kitchen jambalaya recipe be made in a slow cooker?

While the original recipe is designed for stovetop cooking to develop flavor and texture, some adaptations allow slow cooker use, but it may require adjustments to cooking times and ensuring the rice does not overcook.

What type of rice does America's Test Kitchen recommend for jambalaya?

America's Test Kitchen recommends using long-grain white rice for jambalaya because it separates well and absorbs flavors without becoming overly sticky or mushy.

Are there any tips from America's Test Kitchen to avoid jambalaya sticking to the pot?

Yes, they suggest using a heavy-bottomed pot and stirring occasionally during cooking to prevent sticking, as well as toasting the rice separately before combining it with other ingredients.

Additional Resources

Americas Test Kitchen Jambalaya Recipe: A Deep Dive into a Classic Southern Staple

americas test kitchen jambalaya recipe stands as a meticulously crafted rendition of the beloved Creole dish that has captivated palates across the United States and beyond. Known for their rigorous testing and scientific approach to cooking, America's Test Kitchen offers a jambalaya recipe that not only pays homage to traditional flavors but also enhances the dish's texture, depth, and complexity through precise technique and ingredient selection. This article explores the nuances of the Americas Test Kitchen jambalaya recipe, examining its components, preparation methods, and how it compares to other popular jambalaya variations.

The Essence of Americas Test Kitchen Jambalaya Recipe

Jambalaya, a quintessential dish originating from Louisiana, is a vibrant medley of rice, vegetables, spices, and a mix of proteins that may include sausage, chicken, and seafood. The Americas Test Kitchen jambalaya recipe takes this foundation and elevates it through detailed experimentation. Central to their approach is balancing the smoky, spicy, and savory elements while ensuring the rice cooks perfectly without becoming mushy or underdone.

Unlike some traditional jambalaya recipes that rely heavily on roux or tomato bases, Americas Test Kitchen focuses on layering flavors through the sofrito – a sautéed mix of onions, celery, and bell peppers – and the careful incorporation of spices like cayenne pepper, thyme, and bay leaves. Their methodical approach to the cooking sequence ensures that each ingredient contributes optimally to the final dish.

Ingredient Selection and Quality

The recipe emphasizes the use of high-quality and fresh ingredients, which is a hallmark of Americas Test Kitchen's philosophy. For proteins, the recipe typically calls for smoked Andouille sausage, boneless chicken thighs, and sometimes shrimp, depending on preference. The choice of boneless, skinless chicken thighs over breasts is intentional; thighs provide a richer flavor and maintain moisture better during the longer cooking process required for jambalaya.

Rice selection is another critical factor. Americas Test Kitchen recommends using long-grain white rice because of its ability to stay fluffy and separate after absorption of the cooking liquids. This contrasts with short-grain or sticky rice varieties, which tend to clump and result in a less desirable texture.

Cooking Technique and Process

One of the standout features of the Americas Test Kitchen jambalaya recipe is the step-by-step, scientifically tested cooking process. The recipe begins with browning the sausage, which not only imparts a smoky flavor but also renders fat that is later used to sauté the vegetables. This fat utilization is a classic technique that deepens the flavor profile naturally.

The vegetables are cooked until softened, forming the aromatic base of the dish. Next comes the addition of chicken pieces, which are browned to lock in juices. The layering of spices is methodical, with an emphasis on building flavor gradually rather than overwhelming the palate.

When it comes to cooking the rice, Americas Test Kitchen employs a technique that involves adding the rice and broth to the pot, bringing the mixture to a boil, then reducing the heat and simmering with the lid on. This controlled cooking environment ensures that the rice absorbs flavors evenly and reaches ideal doneness.

Comparing Americas Test Kitchen Jambalaya Recipe to Other Variations

Jambalaya recipes vary widely, often categorized into Creole (red jambalaya) and Cajun (brown jambalaya) styles. The Americas Test Kitchen jambalaya recipe leans more towards the Creole tradition but with subtle differences that set it apart.

Unlike some Creole recipes that rely heavily on tomatoes for acidity and color, the Americas Test Kitchen version incorporates tomato paste sparingly to enhance umami without overpowering the dish. This restraint results in a balanced flavor that respects the rice's natural texture and the meat's smokiness.

In contrast, Cajun jambalaya recipes often forego tomatoes entirely, focusing instead on a

dark roux and robust, spicy sausage. Americas Test Kitchen's recipe strikes a middle ground, making it accessible for home cooks seeking authenticity without the complexity of making a roux from scratch.

Flavor Profile and Texture

The recipe achieves a harmonious blend of smoky, spicy, and savory notes. The use of smoked sausage provides depth, while the fresh vegetables and herbs contribute brightness. The spice level is adjustable, allowing cooks to tailor the dish to their heat tolerance. The texture is equally important; the rice remains fluffy yet tender, and the proteins are succulent.

Pros and Cons of the Americas Test Kitchen Approach

- **Pros:**

- Detailed, stepwise instructions grounded in culinary science.
- Balanced flavor profile that respects traditional jambalaya elements.
- Ingredient recommendations enhance authenticity and taste.
- Techniques ensure consistent results, especially for home cooks.

- **Cons:**

- Longer preparation and cooking time compared to some quick jambalaya recipes.
- May require sourcing specific ingredients like Andouille sausage.
- Less suitable for those seeking a purely Cajun-style dish.

Tips for Perfecting the Americas Test Kitchen Jambalaya Recipe at Home

To replicate the flavors and textures of the Americas Test Kitchen jambalaya recipe, attention to detail is paramount. Here are some professional tips:

1. **Use Fresh, High-Quality Ingredients:** Fresh vegetables and quality smoked sausage elevate the dish significantly.
2. **Don't Rush the Browning Process:** Properly browning the sausage and chicken builds foundational flavors.
3. **Control the Simmering Temperature:** Keeping the heat low while cooking the rice prevents it from sticking or becoming mushy.
4. **Adjust Spices Gradually:** Begin with moderate spice levels and increase to taste to avoid overpowering the dish.
5. **Rest Before Serving:** Allow the jambalaya to sit for a few minutes off the heat to let flavors meld.

Adaptability and Variations

While Americas Test Kitchen's jambalaya recipe is well-balanced, it also offers flexibility. Cooks can swap chicken thighs for turkey or add shrimp during the final minutes of cooking for a seafood twist. Vegetarians might substitute sausage with smoked tofu or mushrooms to impart umami.

Moreover, the recipe's spice profile can be adjusted by introducing smoked paprika, chipotle powder, or even a dash of hot sauce for personalized heat intensity.

Americas Test Kitchen's thorough approach serves as a solid foundation that can be tailored while maintaining the dish's integrity.

The americas test kitchen jambalaya recipe exemplifies how traditional Southern cuisine can be approached with precision and culinary expertise. By combining careful ingredient selection, methodical cooking techniques, and respect for regional flavors, this recipe offers both novice and seasoned cooks a reliable path to creating an authentic, flavorful jambalaya. Whether served at a family gathering or as a comforting weeknight meal, it stands as a testament to how science and tradition can coexist in the kitchen.

[Americas Test Kitchen Jambalaya Recipe](#)

americas test kitchen jambalaya recipe: The Complete America's Test Kitchen TV Show Cookbook 2001-2016 . America's Test Kitchen, 2015 Every recipe from the hit TV show with product ratings and a look behind the scenes--Jacket.

americas test kitchen jambalaya recipe: The Complete America's Test Kitchen TV Show Cookbook 2001-2017 The Editors at America's Test Kitchen, 2016-10-04 This newly revised edition of The Complete America's Test Kitchen TV Show Cookbook includes all 17 seasons (including 2017) of the hit TV show in a lively collection featuring more than 1,100 foolproof recipes and dozens of

tips and techniques. Learn what happens in the test kitchen before the cameras start rolling, what's really involved in our recipe development process, and what lengths we'll go to in order to produce a best recipe. This collection of recipes from the hit TV show includes all of the treasured dishes, tips, and test kitchen-recommended tools and ingredients from the 2017 season. All your favorites are here--from Coq au Riesling and Tuscan-Style Beef Stew to Whole-Wheat Pancakes, Foolproof New York Cheesecake, and Cherry Clafouti. With this newly revised and updated edition, you'll have 17 years of great cooking and expertise from America's most-trusted test kitchen.

americas test kitchen jambalaya recipe: *The Complete America's Test Kitchen TV Show Cookbook 2001-2015* America's Test Kitchen, 2014-10-01 The ultimate collection of recipes from your favorite TV show This newly revised edition of The Complete America's Test Kitchen TV Show Cookbook includes all 15 seasons (including 2015) of the hit TV show in a lively collection featuring more than 950 foolproof recipes and dozens of tips and techniques.

americas test kitchen jambalaya recipe: *The Complete America's Test Kitchen TV Show Cookbook 2001-2018* America's Test Kitchen, 2017-10-03 This newly revised edition of The Complete America's Test Kitchen TV Show Cookbook includes all 18 seasons (including 2018) of the hit TV show in a lively collection featuring more than 1,150 foolproof recipes and dozens of tips and techniques. Learn what happens in the test kitchen before the cameras start rolling, what's really involved in our recipe development process, and what lengths we'll go to in order to produce a best recipe.

americas test kitchen jambalaya recipe: *The Complete America's Test Kitchen TV Show Cookbook 2001 - 2019* America's Test Kitchen, 2018-10-02 19 Years of the Hit TV Show Captured in One Complete Volume Here is your last chance to find every recipe prepared on public television's top-rated cooking show over 19 seasons all in a single compendium, including the new season that debuts in January 2019. You'll also get up-to-date equipment and ingredient ratings drawn from the show's equipment testing and taste-testing segments. And you'll see the behind-the-scenes action--how the show comes together, what it takes to be a test cook, and more. Cook along with the latest season as it airs with these new recipes: Next-Level Chicken Piccata, Beef Short Rib Ragu, Roasted Whole Side of Salmon, One-Hour Pizza, Chinese Pork Dumplings, Crispy Ground Beef Tacos, Roasted Poblano and Black Bean Enchiladas, Falafel, Skillet-Roasted Brussels Sprouts with Chile, Peanuts, and Mint, Ultimate Flaky Buttermilk Biscuits, Best Lemon Bars, Brazilian Cheese Bread, Chocolate Cream Pie, and more.

americas test kitchen jambalaya recipe: *The Complete America's Test Kitchen TV Show Cookbook 2001-2021* America's Test Kitchen, 2020-10-27 21 years of foolproof recipes from the hit TV show captured in one complete volume The Complete America's Test Kitchen TV Show Cookbook is back after a year-long 20th anniversary party. Find every recipe prepared on 21 seasons of public television's top-rated cooking show all in a single compendium, including the new season that debuts in January 2021. You'll also get the latest equipment and ingredient ratings drawn from the show's equipment testing and taste testing segments. Cook along with Bridget and Julia and the test kitchen chefs as the new episodes of the 2021 season air with new recipes like Chicken Schnitzel, Smashed Burgers, and Peach Tarte Tatin. Every recipe that has appeared on the hit TV show is included in this cookbook along with the test kitchen's indispensable notes and tips. A comprehensive shopping guide shows readers what products the ATK Review Team recommends and it alone is worth the price of the book.

americas test kitchen jambalaya recipe: ***The Complete America's Test Kitchen TV Show Cookbook 2001-2024*** America's Test Kitchen, 2023-10-03 Discover nearly 2,000 recipes and product recommendations from the first 24 seasons of America's Test Kitchen hit cooking show. Explore the living archive of every recipe featured on public television's most popular cooking show, America's Test Kitchen! In this ATK cookbook, you'll find: • nearly 2,000 recipes from 24 seasons, including those not originally shown on TV • an updated shopping guide for the latest top-rated equipment and ingredients • indispensable notes and tips straight from Test Kitchen chefs. Join 2M weekly viewers as they cook alongside Bridget and Julia and the ATK experts! A comprehensive

collection of recipes, reviews, and tips, this is the perfect cookbook for beginners, more experienced home chefs, and America's Test Kitchen fans.

americas test kitchen jambalaya recipe: *The Complete America's Test Kitchen TV Show Cookbook 2001-2023* America's Test Kitchen, 2022-10-04 1,800 foolproof recipes from 23 years of the hit America's Test Kitchen TV show captured in one volume *The Complete America's Test Kitchen TV Show Cookbook* is a living archive of every recipe that has been on every episode of public television's top-rated cooking show, including the new season that debuts in January 2023. It also includes the top-rated equipment and ingredients from the new testing and tasting segments. Cook along with Bridget and Julia and the test kitchen chefs as the new episodes of the 2023 season air with all-new recipes. Every recipe that has appeared on the show is in this cookbook along with the test kitchen's indispensable notes and tips. A comprehensive shopping guide shows readers what products the ATK reviews team recommends and it alone is worth the price of the book.

americas test kitchen jambalaya recipe: *America's Test Kitchen 25th Anniversary Cookbook* America's Test Kitchen, 2024-09-17 A landmark collection of the 500 best-of-the-best recipes from the past 25 years of the hit TV show. Join America's Test Kitchen chefs as they share the milestone recipes they turn to again and again. The perfect gift for both new and longtime fans, this beautifully packaged, fully photographed hardcover (complete with a linen-style case and placeholder ribbon) captures the revolutionary discoveries, transformative techniques, practical food science, and failproof routes to success in 500 iconic recipes from the show that has taught millions how to be better cooks. From enduring classics like Perfect Pecan Pie (season 1) that Bridget makes every year to season 25 all-star dishes like Japchae, Make-Ahead Cheese Soufflés, and Deluxe Blueberry Pancakes, the book is packed with game-changing recipes destined to become your new trademark dish—whether for a weeknight dinner, a company-worthy meal, or a holiday occasion. Get the ultimate insider info: • Cast commentaries: In 100 sidebars, cast members dish on the personal game-changers that evolved their cooking for the better • Invaluable kitchen discoveries: Read why Julia always brines salmon, Jack underbakes cookies, Dan roasts oysters, and Lisa grills her Thanksgiving turkey • Behind-the-scenes introduction: Keith shines the spotlight on the recipe testing process, Dan recalls memorable scientific demonstrations, and Lisa offers a peek into the Reviews lab—from brewing 5,000 ounces of coffee to sawing coolers in half—all in the name of empowering home cooks • Meet all 16 cast members: From the OGs like Jack, Julia, and Bridget who have been on the show since Day 1 to the newest members, people share their proudest moments, funniest memories, and top tips in a Cast Q&A

americas test kitchen jambalaya recipe: *The Complete America's Test Kitchen TV Show Cookbook 2001-2022* America's Test Kitchen, 2021-10-05 22 years of foolproof recipes from the hit TV show captured in one complete volume *The Complete America's Test Kitchen TV Show Cookbook* is a living archive of every recipe that has been on every episode of public television's top-rated cooking show, including the new season that debuts in January 2022. It also includes the top-rated equipment and ingredients from the new testing and tasting segments. Cook along with Bridget and Julia and the test kitchen chefs as the new episodes of the 2022 season air with all-new recipes. Every recipe that has appeared on the show is in this cookbook along with the test kitchen's indispensable notes and tips. A comprehensive shopping guide shows readers what products the ATK Reviews team recommends and it alone is worth the price of the book.

americas test kitchen jambalaya recipe: *The Complete America's Test Kitchen TV Show Cookbook 2001-2026* America's Test Kitchen, 2025-09-02 The fan-favorite bestseller: Every recipe and product recommendation from all 26 seasons of the hit cooking show—now redesigned in a slimmer, more kitchen-friendly package. Own the living archive of all of the recipes featured on public television's most popular cooking show, America's Test Kitchen. In this ATK cookbook you'll find: • Almost 1400 recipes from all 26 seasons, every recipe from every show • an updated shopping guide for the latest top-rated equipment and ingredients • fewer chapters reorganized for easier navigation/use • a new Appetizers and Drinks chapter • a new Vegetarian chapter Join 2M weekly viewers as they cook alongside Bridget and Julia and the ATK experts to learn how to make

dozens of new recipes. A comprehensive collection of recipes, product reviews, and tips, this is the perfect cookbook for beginners, more experienced home cooks, and all America's Test Kitchen fans.

americas test kitchen jambalaya recipe: Complete America Test Kitchen TV Show America's Test Kitchen (Firm), 2017-10-03 This newly revised edition of The Complete America's Test Kitchen TV Show Cookbook includes all 18 seasons (including 2018) of the hit TV show in a lively collection featuring more than 1,150 foolproof recipes and dozens of tips and techniques. Learn what happens in the test kitchen before the cameras start rolling, what's really involved in our recipe development process, and what lengths we'll go to in order to produce a best recipe.

americas test kitchen jambalaya recipe: *Comfort Food Makeovers* America's Test Kitchen, 2013-03-01 Putting the foods you love back on the table We've revamped over 175 feel-good favorites (like creamy Macaroni and Cheese, Meat and Cheese Lasagna, and Fudgy Brownies) including 50 comfort-food restaurant favorites from the likes of The Cheesecake Factory (New York-Style Cheesecake), Olive Garden (Fettuccini Alfredo), Chili's (Nachos), and Au Bon Pain (Cinnamon Rolls) slashing thousands of calories and hundreds of grams of fat along the way. How did we do it? We put flavor first and used our test kitchen experience, smart ingredient substitutions (no fake fats or artificial sweeteners allowed), and innovative cooking techniques to make comfort food that you'll actually be comfortable eating. Comfort Food Makeovers isn't simply a collection of these tested and perfected recipes; it's an arsenal of fat and calorie-cutting strategies you can put to use. Use them to transform your own recipes into better tasting food that's better for you. We include a list of our key go-to ingredients that helped lighten or add flavor to the recipes in the book, as well as the essential equipment we found ourselves using again and again as we developed the recipes over time. Dramatic before and after counts for calories, grams of fat, and grams of saturated fat appear with each recipe, and full nutritional information for the recipes is provided at the back of the book.

americas test kitchen jambalaya recipe: *Healthy and Delicious Instant Pot* America's Test Kitchen, 2021-10-19 Vegetables to the front: We've flipped the traditional ratio on its head by keeping our protein portions small while making vegetables superabundant. Embrace the fresher side of Instant Pot cooking with satisfying meals and exciting flavors to invigorate weeknight dinner. These wholesome recipes are easy—over half ready in an hour or less—yet are anything but predictable, with options that bring a variety of flavors to the table. Cook a wide range of cuisines and ingredients with meals that will leave you feeling nourished and energized: Steam fluffy Persian jeweled rice with pressure-poached chicken for an eye-catching dinner Pressure-cook fall-off-the-bone oxtails in an aromatic broth abundant with mustard greens to create authentic Hawaiian Oxtail Soup Poach haddock with tomatoes, escarole, and top it with crispy garlic for extra savoriness Perfectly sear chicken breasts, then pressure-cook with barley and butternut squash to create a creamy update on risotto We indicate calories per serving on each recipe page to help you easily choose dinner for the night. With newer models coming out every year, it's more important than ever to understand how your Instant Pot functions. ATK has tested across a range of models to make sure you won't have to settle for dry proteins or blown-out textures. We show you how to utilize your pot to add that crispy element, such as toasted croutons, garlic chips, and more for meals with varied textures. Plus, our intro chapter teaches you how to best troubleshoot issues to ensure that you're getting the best out of your Instant Pot.

americas test kitchen jambalaya recipe: *The Chicken Bible* America's Test Kitchen, 2021-02-02 Poultry enthusiasts unite! ATK has you covered from the basic to the spectacular with 500 recipes that deliver low-key dinners, game-day favorites, simple sandwiches, special-occasion showstoppers, and beyond. You can call chicken a lot of things. Blank canvas, weeknight go-to, lean protein, we've heard it all. But boring? That's where we draw the line. Sure, it might have started to feel a bit redundant. But that's not the chicken's fault. ATK is here with the inspiration you need. It's time those chicken pieces in your freezer got the respect they deserve. Chicken is the go-anywhere, eat-with-anything, highly transformable crowd favorite that always fills the bill. Find exactly what you're looking for (and more!) with a wide breadth of themed chapters, including Easy Dinners,

Classic Braises, Breaded and Fried, Pasta and Noodles, Savory Pies and Casseroles, and appliance-specific recipes. There's even a dedicated chapter of recipes for cooking for two. And with an introduction detailing how to prep any chicken part, from pounding breasts and preparing cutlets, to whole bird skills like butterflying or breaking down a chicken, you'll be a poultry pro in no time. Cozy up to succulent roast chickens with sauces made from pan drippings, sink your teeth into the crispiest, crunchiest fried chicken you've ever had, try your hand at sous vide for unbelievably moist chicken, or fire up the grill for anything from kebabs to beer can chicken. Feel like wingin' it? Us too. Our favorite is our game-changing Korean Fried Chicken Wings, double-fried so they stay extra-crispy under their blanket of spicy, salty, slightly-sweet sauce. With over 500 recipes, you could eat chicken every night and never tire of it. (And yes, that's a challenge.)

americas test kitchen jambalaya recipe: The America's Test Kitchen Quick Family Cookbook America's Test Kitchen, 2012-10-01 Deliver on flavor, save on time, with this family-friendly cookbook. This latest addition to our bestselling ring-bound cookbook series revolutionizes quick cooking with more than 750 recipes that can be ready in 45 minutes or less. Most of the recipes require only a handful of ingredients, and clever strategies plus convenience products turn typically time consuming recipes like Easiest-Ever Chicken Pot Pie, Quick Beef Stew and Spinach Lasagna into busy night dinner options. We also provide fast appetizer, brunch, and dessert recipes such as Easy Melted Brie with Honey and Herbs, 25-Minute Egg Roulade with Spinach and Gruyere, and 45-Minute Lazy Man's Tiramisu. Super-fast recipes (ready in 25 minutes or less) include Tomato Florentine Tortellini Soup and Seared Scallops with Lemon, Peas, and Orzo. This comprehensive cookbook answers the age-old question What's for dinner? with hundreds of innovative, flavorful, and fast dishes sure to become repeat recipe requests in your house.

americas test kitchen jambalaya recipe: When Southern Women Cook America's Test Kitchen, 2024-11-12 A first-of-its-kind Southern cookbook featuring more than 300 Cook's Country recipes and fascinating insights into the culinary techniques and heroes of the American South. Tour the diverse history of Southern food through 200+ stories of women who've shaped the cuisine! Shepherded by Toni Tipton-Martin and Cook's Country Executive Editor and TV personality Morgan Bolling, When Southern Women Cook showcases the hard work, hospitality, and creativity of women who have given soul to Southern cooking from the start. Every page amplifies their contributions, from the enslaved cooks making foundational food at Monticello to Mexican Americans accessing sweet memories with colorful conchas today. 70+ voices paint a true picture of the South: Emmy Award-winning producer and author Von Diaz covers Caribbean immigrant foodways through Southern stews; food journalist Kim Severson delves into recipes' power as cultural currency; mixologist and beverage historian Tiffanie Barriere reflects on Juneteenth customs including red drink. Consulting food historian KC Hysmith contributes important—and fascinating—context throughout. 300 Recipes—must-knows, little-knowns, and modern inventions: Regional Brunswick Stew, Dollywood Cinnamon Bread, Pickle-Brined Fried Chicken Sandwiches, Grilled Lemongrass Chicken Banh Mi, and Oat Guava Cookies bridge the gap between what Southern cooking is known for and how it continues to evolve. Recipe headnotes contextualize your cooking: Learn Edna Lewis' biscuit wisdom. Read about Waffle House and fry chicken thighs to top light-as-air waffles. Meet Joy Perrine, the Bad Girl of Bourbon. Covering every region and flavor of the American South, from Texas Barbecue to Gullah Geechee rice dishes, this collection of 300 recipes is a joyous celebration of Southern cuisine and its diverse heroes, past and present.

americas test kitchen jambalaya recipe: The New Essentials Cookbook America's Test Kitchen, 2018-09-25 Take your cooking skills to the next level while developing a knockout repertoire of 200 essential, satisfying dishes—from simple meals to dinner-party centerpieces We've made improvements to well-loved dishes by incorporating innovative techniques in recipes such as Butter-Basted Rib-Eye Steak and added modern classics such as Vegetable Bibimbap and Olive Oil-Yogurt Bundt Cake. In this book, you'll find the perfect roast chicken and a killer banana bread but also a Turkish-inspired tomato soup, luscious Chinese braised short ribs, and a set of wholesome grain bowls. A chapter on weeknight dinners offers smart paths to great flavor—from Bucatini with

Peas, Kale, and Pancetta that cooks in one pot to a pizza that bakes in a skillet—including plenty of vegetarian options. Other chapters turn up the volume on breakfast and dessert standbys; try the 100 Percent Whole-Wheat Pancakes and Brown Sugar Cookies and you may never go back to the regular versions. We'll also help you pull off your next—or even your first!—dinner party with recipes guaranteed to impress (and to work), such as Braised Lamb Shanks with Bell Peppers and Harissa, Miso-Marinated Salmon, and Roasted Zucchini and Eggplant Lasagna. Most of us—not just newbies—could stand to bone up on certain culinary basics, and our methods may surprise even more experienced cooks, from seeding fresh chiles (we use a measuring spoon) to hulling strawberries (a plastic straw works well). And that's just the tip of the iceberg of what these recipes teach. You'll discover how to “reverse sear” thick pork chops so they turn out juicy all the way through, grind meat in a food processor for the ultimate burger, and shape fresh corn tortillas without a tortilla press or rolling pin. As you progress through this book, you will also gain a deeper understanding of ingredients, better techniques, and the secrets we use in the test kitchen via sidebars called “Think Like a Cook,” which offers insights that can help in your larger culinary life—from picking the perfect avocado to cooking the perfect eggs.

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