

# Midwest Living

midwestliving.com

January/February 2012

Our all-time  
**Favorite recipes**

MAIN DISHES, BREAKFASTS & DESSERTS

**Top new getaways for 2012!**

**NATURAL PAINT MAKEOVERS**

**READERS' BEST CHILI RECIPES**



Cafe Latte's  
Turtle Cake  
SEE PAGE 70

## IN THE KITCHEN

# TOP CHEFS' FAVE FLAVORS

We asked **James Beard-nominated chefs** to name one ingredient that boosts any meal. Surprise! You may already have some of them in your pantry.

**Chef-tested tips**

**DUCK FAT** **Lenny Russo, Heartland Restaurant, Saint Paul** It's healthier than butter, and it enriches any number of dishes. **Try it!** You can buy duck fat in jars at specialty grocery stores. Saute cubed potatoes in it for a restaurant-style starch.

### MALDON SEA SALT

**Tory Miller, L'Etoile, Madison, Wisconsin** We use it on everything from salads, to steaks, to fish and dessert. It adds texture and brings out the seasoning in a dish. **Try it!** Chefs like the shape and flavor of this British import, available at specialty stores, but you can experiment with other brands. Sprinkle a few flakes on dark chocolate lava cake.

**ACID** **Justin Aprahamian, Sanford, Milwaukee** It's the one thing that makes any dish better. We strive for balanced flavors, and in a lot of cases, acids make that happen. **Try it!** Next time you reach for the salt shaker, choose vinegar or citrus juice instead. (Think of what lemon does for seafood.) A splash of balsamic or OJ wakes up simple oven-roasted carrots; a squeeze of lime brightens a bowl of chili.

## HEALTHY EATING

# SALAD IN A BOWL

**GROW GOOD-FOR-YOU DINNERS** all winter with Burpee's **Healing Hands salad mix**. Plant nutrient-packed pellets in a 10-inch container. When greens reach 6 inches, cut and toss with dressing. Harvest every three weeks as season allows. \$5.95 at garden centers or online (800/888-1447; burpee.com).

EAST PARK, CHARLEVOIX, MICHIGAN  
In 2006, Douglas "the famous dog" led the fight to have these signs removed from the park. Success came in 2008. He & his friends are again welcome in East Park.

heartland.com

Stamp your here



Civil disobedience . . .

## PETS

# DOUGLAS GOES TO CITY HALL

**DOUGLAS WAS THE KIND OF DOG** who asked "why?" On regular walks around Charlevoix, Michigan, Douglas and his owner, Marell Staffel, noticed a sign banning dogs from East Park. Where did the ordinance come from? No one really knew, so Marell and Douglas decided to do something. Douglas took a seat under the no-dogs sign. Marell snapped his picture, made postcards, labeled them "Civil Disobedience," and ultimately convinced the city council to amend the rule so it applied only during special events. Who says one dog can't make a difference?

PHOTOGRAPHS: JAY WILDE