

EAT COOL

GOOD FOOD FOR HOT DAYS



100 Easy, Satisfying, and
Refreshing Recipes that
Won't Heat Up Your Kitchen

RIZZOLI
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PASSION FRUIT, MANGO, AND COCONUT PARFAITS

SERVES 6 | ACTIVE TIME: 35 MINUTES | TOTAL TIME: 35 MINUTES

Comprised of layers of passion fruit curd, mango puree, and cooling coconut yogurt and topped with crunchy coconut chips, this tropical recipe is an edible sunrise worth getting out of bed early for. It makes for a quick, self-contained breakfast or a great, fresh finale for a brunch spread. This recipe requires some effort and time, so I often make it the night before and refrigerate; these parfaits will hold up nicely in the fridge for a few days—but don't be surprised if they disappear long before that. For the best textured whipped coconut cream, look for canned coconut milk that contains guar gum.

- ½ cup unsweetened passion fruit pulp, thawed if frozen**
- ½ cup sugar**
- 4 tablespoons unsalted butter, melted and cooled**
- 5 large egg yolks**
- 2½ cups chopped ripe mango (from 2 peeled and pitted mangos)**
- 1 (13.5-ounce) can unsweetened coconut milk (made with guar gum)**
- 1½ cups low-fat plain Greek yogurt**
- 1 cup unsweetened coconut chips for sprinkling**

Place the passion fruit pulp, sugar, butter, and egg yolks in a medium saucepan and stir until smooth. Heat over medium-low heat while stirring constantly until barely simmering and thickened, 8 to 10 minutes. The mixture should thicken before it reaches a boil. Use a silicone spatula to push the curd through a fine-mesh strainer into a medium stainless steel bowl. Place that bowl over a large bowl of ice water and stir until cool. Refrigerate until ready to use.

Place the mango in a high-powered blender or food processor and process until smooth. Transfer the mixture to a large piping bag.

Use a can opener to open the can of coconut milk. Transfer about ½ cup of the thick cream layer from the top of the can into a medium bowl. Beat with a whisk until soft peaks form, then fold into the passion fruit curd. Transfer this mixture to a large piping bag, if desired.

In a medium bowl, whisk ½ cup coconut milk from the can with the Greek yogurt until smooth. Transfer this mixture to a large piping bag.

Set up 6 parfait or juice glasses wide enough to accommodate a spoon. Pipe or spoon layers of the mango puree, passion fruit curd, and yogurt into each glass. Serve immediately, or refrigerate up to 2 days ahead until ready to serve. Top each glass with coconut flakes right before serving.



GREEN SHAKSHUKA

SERVES 4 | ACTIVE TIME: 25 MINUTES | TOTAL TIME: 40 MINUTES

Traditional North African shakshuka is started on the stovetop by cooking red peppers and onions (and sometimes tomatoes) with a bevy of spices. The mixture is topped with raw eggs and baked in the oven. Finally, the bubbling pan is brought to the table and served with bread for dipping. In my reworked shakshuka, green leafy vegetables, almonds, and chopped chiles form the base of the dish and are baked with the eggs from the get-go, no stovetop cooking necessary. If your objective is to cool off, the spicy heat from the serrano chile will induce sweating, so use as much as your taste buds can stand.

2 cloves garlic, peeled

3 tablespoons raw almonds

1 teaspoon fresh lemon zest

2 cups baby kale

2 cups baby spinach

1 cup baby arugula

1 cup fresh flat-leaf parsley leaves

1 cup fresh cilantro leaves

2 teaspoons chopped serrano chile,
or more to taste

2 tablespoons fresh lemon juice

½ cup plus 1 tablespoon extra virgin olive oil

Sea salt

8 large eggs

Freshly ground black pepper

½ cup fresh basil leaves for serving

Flatbread or pita for serving

Preheat the oven to 400°F.

Combine the garlic, almonds, and lemon zest in the bowl of a food processor and process until finely chopped, about 1 minute.

Add the kale, spinach, arugula, parsley, cilantro, chile, lemon juice, and ½ cup of the olive oil and pulse until smooth, scraping the sides of the bowl if needed. Season with salt.

Spread the green vegetable sauce all over the bottom of a 4-quart shallow glass or ceramic baking dish. Use a spoon to gently form 8 wells in the sauce. Gently crack the eggs over each of the wells. Season the eggs with salt and pepper and drizzle with the remaining 1 tablespoon oil.

Place in the oven and bake until the egg whites are just set and the yolks are still slightly runny, 10 to 13 minutes. Remove from the oven and top with the basil leaves. Serve immediately with flatbread or pita for dipping.



THAI CELERY SALAD WITH SHRIMP, PEANUTS, CHILES, AND CILANTRO

SERVES 4 | ACTIVE TIME: 35 MINUTES | TOTAL TIME: 1 HOUR 35 MINUTES

Understanding that both celery and peanuts are prevalent in Southeast Asian cuisines, I decided to give the classic peanut-butter-on-celery-sticks combo from childhood a sophisticated makeover inspired by hot-cold Thai salads. Both Eastern and Western medicine endorse celery for its cooling, anti-inflammatory properties, making it a natural go-to for hot-weather cooking. More important, I've always been a fan of celery personally. Chiles and lemongrass make a transporting marinade for the grilled shrimp. Sliced celery, cucumber, onion, cilantro, and crispy celery leaves get tossed with a sweet, salty, and sour dressing and chopped peanuts. The result is crunchy, tangy, delectable, and filling—and pretty darn healthy, to boot.

2 cloves garlic, peeled and minced

2 bird's eye (Thai) or serrano chiles, stemmed and thinly sliced, divided

2 tablespoons minced lemongrass

4 tablespoons canola oil, divided

¼ teaspoon sea salt

1 pound 26- to 30-count large shrimp, peeled and deveined

3 tablespoons sugar

1 tablespoon fresh lime zest

⅓ cup fresh lime juice

¼ cup Thai fish sauce

3 cups sliced celery stalks (sliced ½ inch thick on a bias)

1 cup celery leaves

½ cup thinly sliced red onion

2 cups sliced seedless cucumber (halved lengthwise, then thinly sliced on a bias)

1 cup fresh cilantro sprigs, plus more for garnish

1 cup chopped roasted peanuts

Place the garlic, 1 sliced chile, the lemongrass, 2 tablespoons of the canola oil, and the salt in a medium bowl. Add the shrimp and stir to coat. Cover and refrigerate for 30 minutes to 1 hour.

Meanwhile, whisk together the sugar, lime zest, remaining sliced chile, the lime juice, fish sauce, and remaining 2 tablespoons canola oil until the sugar dissolves. Set aside.

Remove the shrimp from the refrigerator. Preheat a grill or grill pan over medium-high heat.

Add the shrimp, in batches, if necessary, and cook, flipping once halfway through cooking, until the shrimp are a bright pink-red color but also spotted black from the grill and just cooked through, about 2 minutes per side. Transfer to a plate.

Place the celery stalks, celery leaves, onion, cucumber, and cilantro in a large bowl.

Add the dressing and toss well to combine. Divide the salad among 4 plates and top each with some of the shrimp. Garnish with cilantro springs and the chopped peanuts. Serve immediately.



GRILLED ARTICHOKE SANDWICHES WITH PICKLES AND JALAPEÑO-ALMOND SPREAD

MAKES 4 | ACTIVE TIME: 40 MINUTES | TOTAL TIME: 40 MINUTES

Artichokes are one of the few vegetables I always keep on hand in the freezer. While I love whole artichokes (especially globes), I find the frozen variety ideal when artichokes appear as merely one of many recipe ingredients. In that context, the idea of boiling them for forty-five minutes to an hour, then breaking them down seems like overkill, especially when it's hot enough to boil an artichoke—I mean, fry an egg—on the sidewalk. In addition, they are considerably lighter than the marinated-in-oil, jarred variety, a plus in the heat. In this sandwich, the hearty, beautifully charred 'chokes play the starring role, buoyed by a strong supporting cast: a rich raw almond and jalapeño spread and crunchy pickles. The roasted flavor of the artichokes, vinegar from the pickles, and richness of the spread provide textures and flavors that collaborate harmoniously. Perfect for a picnic or potluck, this sandwich makes a great light supper as well.

Note: Since this recipe has many components, I recommend making the jalapeño-almond spread and grilled artichokes ahead of time—and, if a scorching day is headed your way, grilling the artichokes early in the morning or at night.

For the spread

- 1 cup raw almonds
- 1 jalapeño chile, stem removed and chopped
- 1 tablespoon nutritional yeast
- 2 tablespoons extra virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- 1 teaspoon sea salt
- ½ teaspoon freshly ground black pepper
- ¼ cup water

For the sandwiches

- 1 (12-ounce) package frozen artichoke hearts, thawed
- 1 tablespoon extra virgin olive oil
- ½ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- 8 slices country loaf, grilled or toasted
- 1 cup Broccoli and Carrot Ginger Pickles (page 220)
- 1 cup thinly sliced seedless cucumber
- 16 large fresh basil leaves
- 1½ cups baby spinach
- ½ cup radish sprouts
- 4 radishes, thinly sliced



GRILLED SHRIMP WITH HERB BUTTER AND ARUGULA ON CIABATTA TOAST

SERVES 4 | ACTIVE TIME: 25 MINUTES | TOTAL TIME: 55 MINUTES

Elegant and delicious, this toothsome toast is a crowd pleaser for any posh al fresco occasion. If your guests are good eaters, you might consider having more on hand, as this recipe provokes demands for seconds. Who can resist ripe tomatoes marinated in olive oil and white balsamic vinegar, herby compound butter, lemon-and-chile grilled shrimp, and peppery arugula?

1 pound extra-large (16/20 count) shrimp, peeled and deveined (3 to 4 shrimp per toast)

3 tablespoons extra virgin olive oil, divided

¼ teaspoon crushed red chile flakes

1 tablespoon fresh lemon zest

Sea salt

Freshly ground black pepper

6 tablespoons unsalted butter, softened

½ cup finely chopped fresh flat-leaf parsley leaves and stems

1 teaspoon chopped fresh thyme leaves

¼ cup thinly sliced fresh basil leaves

1 tablespoon finely chopped fresh oregano leaves

2 medium vine tomatoes (about 12 ounces total), coarsely chopped

1 tablespoon white balsamic vinegar

1 clove garlic, minced

1 (1-pound) ciabatta loaf

1½ cups baby arugula

Place the shrimp in a medium bowl. Add 2 tablespoons of the olive oil, the chile flakes, lemon zest, ¼ teaspoon salt, and ½ teaspoon black pepper. Stir to coat the shrimp in the marinade and refrigerate for at least 30 minutes or up to 2 hours.

Meanwhile, in a small bowl, mix together the butter, parsley, thyme, basil, oregano, and ½ teaspoon salt. Set aside.

Place the tomatoes in a medium bowl. Add the vinegar, the remaining 1 tablespoon olive oil, and the garlic. Season with ¼ teaspoon salt and ¼ teaspoon black pepper and toss to combine.

Use a large serrated knife to slice the ciabatta loaf in half crosswise. Then slice each half into 2 slices that are about 3 inches wide by 6 inches long.

Heat a grill or grill pan to medium-high. Place the bread on the grill (in batches if necessary), cut-side down, and cook until grill marks form, 3 to 4 minutes per batch. Place the toasts cut-side up on 4 plates. Let cool slightly, then spread each slice with some of the herb butter and top each slice with ⅓ cup arugula.

Add the shrimp to the grill and cook, flipping once halfway through, until grill marks form and the shrimp are opaque and curled, about 2 minutes per side. Divide the grilled shrimp evenly among the sandwiches, placing them atop the arugula layer.

Evenly sprinkle the chopped tomatoes over the shrimp. Serve immediately.



GRILLED CHICKEN AND SWEET POTATO STREET TACOS WITH RADISH, PICKLED RED CABBAGE, AND BLACK BEANS

SERVES 4 | ACTIVE TIME: 45 MINUTES | TOTAL TIME: 45 MINUTES

Street tacos are smaller than your average taco and typically served open-faced on soft corn tortillas with the fillings exposed, two to three on a plate. This format facilitates quick cooling and makes for a portable, on-the-go meal, since each taco can be folded and eaten in a few hearty bites. Traditionally sold from carts or food trucks, street tacos often arrive “two-ply,” i.e., with a secondary, extra soft taco (usually corn) stacked under the first to help prevent messy accidents resulting from tortilla collapse or implosion. My own preference is for a single tortilla (in full disclosure, because it means I can eat more tacos before I get full), but the solo vs. dual tortilla decision is a personal one that each of us must make. The sweet and savory tacos in this recipe are filled with smoky slices of dry-rubbed, dark meat chicken, thinly sliced sweet potatoes, cold and creamy black beans, fresh herbs, Garlicky Pickled Red Cabbage (see page 219), crunchy sliced radishes, and salty, crumbly cotija cheese. Cotija cheese can be found in Mexican markets, gourmet markets, or cheese shops. Add a fresh squeeze of lime and let the celebración begin!

4 boneless skinless chicken thighs
(1 to 1¼ pounds total)

1 medium sweet potato (about 10 ounces),
peeled, halved lengthwise, and cut into
¼-inch-thick slices

1 tablespoon light brown sugar

2 teaspoons smoked paprika

1 teaspoon chipotle chile powder

1 teaspoon garlic powder

1½ teaspoons ground cumin, divided

½ teaspoon ground coriander

Sea salt

Freshly ground black pepper

4 tablespoons extra virgin olive oil, divided,
plus more for the grill

1 (15.5-ounce) can black beans, drained and rinsed

½ cup chopped fresh cilantro, plus fresh cilantro
sprigs for serving

2 teaspoons fresh lime zest

8 to 16 small corn tortillas

1 cup Garlicky Pickled Red Cabbage (page 219)

8 radishes, thinly sliced

½ cup crumbled cotija cheese for serving

Lime wedges for serving (optional)

recipe continues on page 142



RED GRAPEFRUIT-ROSE SORBET

MAKES ABOUT 1 QUART | ACTIVE TIME: 20 MINUTES | TOTAL TIME: 5 HOURS 20 MINUTES

Rosewater, a popular flavor found in many Middle Eastern dishes and desserts, is made—no surprise—by steeping rose petals in water. Its potent flavor should be used judiciously, but in moderation provides a welcome and unexpected exotic dimension to many dishes. I like rosewater with grapefruit—the bright, summery flavors complement (and can stand up to) each other. Wine adds complexity and depth and continues the rosy theme. The grapefruit peel performs double duty, first cooked along with the other ingredients to draw out the lovely, tart citrus oils, then strained out and (while the mixture freezes) thinly sliced and coated in sugar to create a crunchy candied topping.

1½ cups sugar, divided

1½ cups dry rosé wine

**Fresh peel (peeled using a vegetable peeler)
from 1 whole ruby red grapefruit**

1½ cups fresh unstrained ruby red grapefruit juice

2 tablespoons rosewater

Combine 1 cup of the sugar, the wine, and grapefruit peel in a medium saucepan. Bring to a boil over medium-high heat, about 6 minutes, and continue to cook until the alcohol scent subsides, about 4 more minutes. Transfer the mixture to a large pitcher or medium bowl and refrigerate until cold, about 1 hour.

Strain the mixture through a fine-mesh strainer over a large pitcher or another bowl. Reserve the grapefruit peel and set aside.

Stir in the grapefruit juice and rosewater. At this point, if desired, the mixture can be stored in an airtight container in the refrigerator for up to 1 day.

Run the mixture through an ice cream machine according to the machine's instructions. Transfer the sorbet to a freezer-safe container and freeze until solid, 3 to 4 hours.

Meanwhile, pour the remaining ½ cup sugar into a small bowl. Thinly slice the reserved grapefruit peel and toss in the sugar to coat. Transfer to a parchment paper-lined plate to dry, about 2 hours. The candied grapefruit peel can be stored in an airtight container at room temperature for up to 1 week.

Serve the sorbet topped with the candied grapefruit. The sorbet can be stored in the freezer for up to 1 week.



MEXICAN COFFEE FRAPPÉ

SERVES 4 TO 6 | ACTIVE TIME: 10 MINUTES | TOTAL TIME: 10 MINUTES

A fine illustration of the “necessity is the mother of invention” principle, this recipe came about one day when certain unexpected pests—I mean guests—dropped by, and I needed to whip up something quickly, on the fly. I happened to have about a half-pitcher of cold-brew coffee sitting around (for lots more on cold brew, see page 30)—not enough to serve my visitors, but a start. I sized up my fridge and cupboard for ingredients that a) could extend the beverage’s volume sufficiently and b) would combine to form a harmonious outcome. Happily, this was one of those times when all the planets aligned and inspiration struck. Thus was born the Mexican Coffee Frappé, which received raves from all involved, thanks to its triad of traditional Mexican flavors: cocoa, vanilla, and cinnamon. As a treat for hot days, it is simple to blend up, sweet, and super-frothy. Perhaps most important, the jolt of caffeine it delivers is potent enough to propel the average person through a blazing day without damage to their batteries, tires, or cooling systems. This recipe was originally developed to use up leftover (room temperature) coffee, but cold also works; if using freshly brewed hot coffee, let it cool first.

3 cups brewed coffee or cold brew, at room temperature or chilled

½ cup sweetened condensed milk

2 tablespoons instant espresso powder

1 tablespoon unsweetened cocoa powder

1 teaspoon pure vanilla extract

½ teaspoon ground cinnamon, plus more for serving

2 cups ice cubes

Whipped cream for serving

Combine the coffee, condensed milk, espresso powder, cocoa powder, vanilla, cinnamon, and ice in a blender. Blend on high speed until smooth and very frothy.

Divide among glasses. Spoon some of the froth over the top of each glass. Top with whipped cream and a sprinkling of cinnamon, if desired. Serve immediately.



PINEAPPLE, THYME, AND COCONUT WATER WHIP

SERVES 4 | ACTIVE TIME: 5 MINUTES | TOTAL TIME: 5 MINUTES

If you like piña coladas and getting caught in the rain (as the song goes), this recipe may not be for you. True, it may be reminiscent of the piña colada in some ways, but its primary emphasis is on pineapple and fresh thyme, the latter of which gives the drink an unexpected herbal twist. Additionally, unlike the super-rich coconut crème (or crema de coco) typically used in the piña colada, my drink uses mildly sweet coconut water, which is far less fatty—a distinct plus during a heat wave (and a good source of natural electrolytes, to boot).

Overall, this recipe boasts many of the colada assets (frothiness, smooth and creamy texture, tropical feel) while avoiding some of its liabilities (calorific heaviness, nap-inducing quality). True, you may not wind up making love at midnight, in the dunes of the cape, but is that really desirable when the tick population is exploding and the thermometer is pushing 100? Call me unromantic, but personally, the escape I'm looking for under such conditions is from the heat itself.

Note: You can buy frozen pineapple in the freezer section of your local supermarket. Better still, if you have the time and the fruit, freeze your own (see page 168) in advance—just remember it takes the freezer a few hours to do its thing.

2 cups chopped frozen pineapple (see headnote)

1 cup coconut water

3 ounces white rum

5 tablespoons fresh lime juice

2 tablespoons sugar

½ teaspoons fresh thyme leaves, plus sprigs for garnish

Pineapple wedges for garnish

Combine the frozen pineapple, coconut water, rum, lime juice, sugar, and thyme leaves in a blender and blend on high speed until very frothy.

Divide the whip among 4 glasses. Garnish with a fresh thyme sprig and a wedge of pineapple. Serve immediately.