



THINGS COOKS KNOW

**Simplifying strategies, techniques, and tips—
from the *Real Simple* test kitchen to yours.**

bundle up! how to store and use delicate greens year-round

Fresh herbs and greens add lively color and flavor to any meal, especially hearty winter stews and braises, which can use some bright contrast. But all too often half the bunch wilts while waiting for its time to shine. Prevent waste by storing greens properly and using them liberally.

TO STORE: Wrap greens in moist paper towels and tuck them into a resealable plastic bag. The moisture from the towels will prevent wilting and keep even the most fragile herbs vibrant for up to a week.

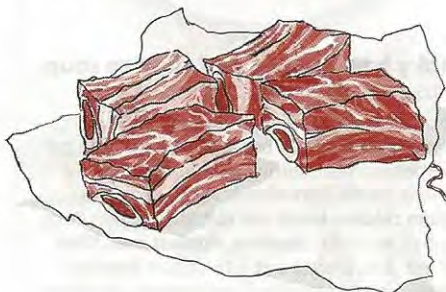
TO USE: Add a handful of cilantro to lentil soup for a dose of freshness, or fold arugula into a salad of roasted vegetables for a peppery bite. Chop parsley and mix it with lemon zest and olive oil to top braised short ribs or slow-roasted lamb.



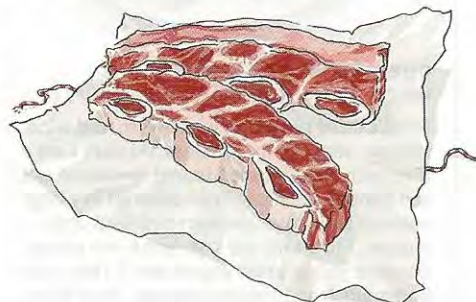
SHORT-RIB GLOSSARY

This flavorful cut of beef is easy to cook and fairly inexpensive. Here's how to tell the difference between the two types you'll find in the market.

English style: The ribs are cut parallel to the bone, with one bone per piece. They tend to hold their shape even after a long braise and make an impressive presentation.



Flanken style: The ribs are cut across the bone. Each piece has three to four short sections of bone with a generous portion of meat around them. The cooked ribs should fall off the bone in tender pieces.

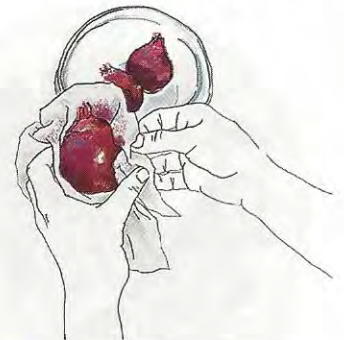


peeling beets

Fuchsia fingers are inevitable, but preparing beets doesn't have to make your kitchen look like a scene from *CSI*. This two-step process minimizes the mess.



STEP 1: Contain juices by wrapping beets in foil. Wrap 2 to 3 together or large ones alone. Roast at 450° F until tender, 50 to 60 minutes. A paring knife should slide right in.



STEP 2: When the beets are cool enough to handle, use a paper towel to rub off the skins. Its lightly abrasive texture will make this messy job easier while keeping your cutting board (almost) stain-free.



can't be beet

Find nine new ideas for the delicious root vegetable at realsimple.com/beetrecipes.