

# WINTER SOUPS, PASTAS & STEWS

# bon appetit

EAT WELL / SAVOR LIFE

## MEAT & POTATOES

STEAK AND POTATO RISOTTO

GNOCCHI WITH PORK RAGÙ

ULTIMATE SHEPHERD'S PIE

HEALTHY WINTER SALADS

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### the sipping news

## BIODYNAMIC WINE

Biodynamic farming, a holistic approach that bans the use of pesticides and artificial additives, produces wine in a sustainable way. It's better for the environment and better for your conscience. Here are five biodynamic wines to try. HEATHER JOHN



**Bonny Doon 2008 Ca' del Solo Albariño, Monterey County, California, \$20**

Made from a Spanish variety of grape, this fruity white wine has citrus, almond, and ginger notes. Great with Asian food.

SNACK ATTACK!  
BEST-EVER POPCORN, BUFFALO WINGS, CHIPS, AND MORE

SUNNY MENU FOR CHILLY NIGHTS

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QUICK CHICKEN CURRY

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CHED CHEESE SHORT RIB SANDWICH WITH CARAMELIZED ONIONS

MMM...MILK CHOCOLATE  
LUSCIOUS TART, MOUSSE, CAKE, AND SOUFFLÉ