

FOOD & WINE

JANUARY 2010

THE JUDGES' ISSUE

best recipes for 2010

20 best pasta, chicken
& vegetarian dishes

48 favorite wines



Year's best dessert:
butterscotch sticky buns
RECIPE P. 106



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plus 12 top food & travel trends

January 2010

news & notes

TREND

great frozen foods

Smarter technology and tastier recipes are transforming the freezer aisle. Here are four new frozen foods that are more delicious than many versions sold fresh.

1. PLUMP FISH NUGGETS

EcoFish, a sustainable favorite among chefs, batters wild Alaskan seafood for its amazing nuggets. From \$6 for 12 oz; ecofish.com.

2. FLAKY HORS D'OEUVRES

DeBoer Food's Puff Pastry Delights—mini bites with fillings like goat cheese and tomato—are airy and crunchy. From \$7 for 9 oz; deboerfood.com.

3. CRUNCHY SPRING ROLLS

Spring Kitchen's founders use their grandfather's recipe for these crispy Vietnamese rolls. \$5 for 5 rolls; springkitchen.com.

4. FROZEN BROWN RICE & MORE

Village Harvest's cryogenically frozen cooked whole grains thaw in seconds without turning mushy. From \$5 for 20 oz; villageharvestrice.com.

