

# Better Homes & Gardens®

## Make it *fresh*

[THE FOOD ISSUE]

*FLAVORS  
YOU'LL WANT  
TO TASTE  
RIGHT NOW*

12 Hot  
New Kitchen  
Trends  
*p. 40*

»  
EASY  
SUMMER  
SALADS  
*p. 116*



**Mother's  
Day** Picture-perfect celebrations and thoughtful gifts





# ReSETTING THE TABLE

BY CARRIE BOYD PHOTOS CARSON DOWNING FOOD STYLING GREG LUNA ILLUSTRATIONS ALICE CARROLL

In our annual food issue, we're serving a big helping of American food, courtesy of our favorite culinary innovators. Meet the cooks, makers, and authors who are changing the way we eat. Their tricks can inspire us all to shake up the meal plan and try something new.







## INSTANT DINNER

Every time Robert Wang eats out, he orders ribs. "I want to know if my Instant Pot can do them better," says the CEO and founder of the company behind the tabletop multicooker. Robert may be biased, but the Instant Pot is indeed a versatile appliance: It does fall-off-the-bone ribs in 30 minutes, but also slow-cooks, pressure-cooks, steams, sautés, and even makes yogurt.

## NEW SPIRITS

American craft distillers are redefining the classics. Working in small batches (300-some bottles) means makers can experiment with blending techniques and aging practices.



### CATOCTIN CREEK

A spice-forward tribute to—and from—Virginia, the birthplace of American whiskey. [catocin.creekdistilling.com](http://catocin.creekdistilling.com)



### STONECUTTER SPIRITS

Stonecutter adds botanicals (cardamom, coriander)—plus the requisite juniper—before aging its gin in bourbon barrels. [stonecutterspirits.com](http://stonecutterspirits.com)



### JEFFERSON'S BOURBON

After learning Kentucky bourbon traditions from some of the best, Trey Zoeller went rogue—aging his bourbon at sea, in wine casks, etc. [jeffersonsbourbon.com](http://jeffersonsbourbon.com)

## THERE ARE SO MANY AMERICAN FISH THAT DESERVE ATTENTION.

KERRY HEFFERNAN, CHEF & SEAFOOD EXPERT



## 7 FISH YOU SHOULD BE EATING

"I want a fish with a little bit of character," says Kerry Heffernan, executive chef at Grand Banks, a New York City seafood restaurant. The next time you're craving fish, go domestic. Here are Kerry's picks for fish native to American waters. ■ **PORGY (ABOVE)** sweet and mild with a codlike texture ■ **ARCTIC CHAR** a mild, meaty freshwater fish ■ **DOGFISH** a species in the shark family with firm, white flesh ■ **PACIFIC ROCKFISH** mild and delicate ■ **LAKE TROUT** freshwater, fatty, and fishy ■ **BLACK SEA BASS** firm and mild in flavor ■ **SHEEPSHEAD** a firm, sweet saltwater fish from the Florida coast (For up-to-date info on choosing sustainable fish from good sources, visit [seafoodwatch.org](http://seafoodwatch.org) or download the Seafood Watch app.)

LOOK FOR CRAFT SPIRITS AT MAJOR LIQUOR STORES OR ONLINE, OR VISIT THE DISTILLERIES.



FOR

For flav  
Califor  
visit Wa



Chicken and Walnut D

