

DESIGN RECIPES

WHAT'S IN AND OUT WITH PAINT

CATHY HOBBS | Tribune News Service

When it comes to wall colors, some paint colors are in and some are simply out. Designer choices for wall colors nowadays reflect a desire toward relaxed and modern living as opposed to “stuffy” and formal.

WHAT'S IN

While moody colors may not be your favorite, charcoal gray and even black remain on trend. Considered modern and sleek, these colors work especially well when contrasted with wood finishes such as teak, birch, walnut and ash.

Use these deep colors throughout a space and then contrast with a white trim. If white feels too stark, consider painting trims and casings black to convey a modern, European vibe. Painting architectural elements such as banisters, railings, trims and casings black as opposed to white also works well.

WHAT'S OUT

There are a number of colors that many homeowners should avoid.

Stark white: White comes in various shades and undertones. Stark white such as the color of a pure white sheet or bright snow is often too sterile and sanitized for most homes. Instead opt for a classic white color with a slight hint of warmth.

Butter cream: Yellow and yellow-based tones are often hard to pair with other colors. These colors can also make a room feel dated. Instead of using a butter cream, select a version of taupe that is more natural and neutral to more mimic the color shade of linen, burlap or wheat.

Cranberry or red: There was a time when dark shades of red was popular especially in formal areas such as dining spaces and even entries. However, these colors are often considered to be overly personalized, dated and are difficult to paint over, often requiring multiple coats of primer and even repeated paint application.

WALL FINISH. HOW TO DECIDE?

There is often confusion when it comes to paint finishes. Choose the right finish and walls look smooth and silky. While the wrong finish can make walls look chalky or uneven. When looking to select the ideal wall finish. Here are some general tips:

Matte or satin finish: A matte or satin finish works well on new walls, while in older homes eggshell is often better as it is more forgiving when it comes to imperfections. In general, a matte or flat finish will create a smooth look on walls.

Eggshell finish: Looking for a specific finish to use in different areas of the home? In general eggshell should be used in high-traffic areas in which the need is for a paint to be wipeable, such as in a kitchen or bathroom.

Semi-gloss or high-gloss: A semi-gloss or high-gloss finish should be used on your architectural elements such as baseboards, trims, casings, banisters and railings.

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ON THE MENU

ZUCCHINI CARBONARA

Cook's note: Be sure to take the pasta/zucchini mixture OFF the heat before adding the egg/cheese mixture or the eggs will scramble instead of dissolving into a glossy sauce. You'll also want to save about a cup of your starchy pasta water to emulsify and thin the sauce if it seems too thick. I used almost a full cup of reserved water.

For pasta

- 1 large egg plus 1 large egg yolk
- 1 ounce finely grated Pecorino Romano cheese (½ cup)
- 1 ounce finely grated Parmigiano-Reggiano cheese (½ cup), plus more for garnish
- 1 tablespoon fresh lemon zest
- 1 teaspoon black pepper
- 3 tablespoons extra virgin olive oil, divided
- 2 garlic cloves, smashed
- 1½ pounds zucchini squash (cut into ¼-inch rounds)
- Kosher salt
- 1 pound rigatoni
- 1 teaspoon red pepper flakes
- Salt and pepper

For bread crumbs

- 2 tablespoons olive oil
 - 1 cup panko or homemade bread crumbs
 - Zest of 2 lemons
 - 2 garlic cloves, grated
- Whisk the egg base: In a bowl, whisk together whole egg, yolk, cheeses, lemon zest and black pepper. Set aside.

Brown the zucchini: In a 12-inch skillet, heat 1½ tablespoons olive oil and smashed garlic over medium. Cook until garlic is lightly browned (2-3 minutes), then discard garlic.

Add half the zucchini in an even layer, sprinkle with salt, and cook without stirring until golden brown on the bottom (3-4 minutes).

Flip and cook until browned; repeat with the remaining zucchini and remaining oil.

Remove from heat, and set aside.

Boil pasta in 4 quarts of salted water until al dente, about 9-10 minutes. Reserve about 1 cup of the starchy cooking water, then drain.

While pasta is cooking, prepare bread crumbs. Heat 2 tablespoons oil in medium skillet over medium heat. Add bread crumbs, lemon zest, garlic and a big pinch each of salt and pepper. Stir to mix, then continue to stir until the garlic is fragrant and the bread crumbs are evenly browned, 4-5 minutes. Remove from the pan and set aside to cool.

Return the pasta to the pot, add ½ cup of the reserved pasta water and cooked zucchini. Cook over medium-high heat for about 1 minute.

Pour in egg-cheese mixture after taking the pasta and zucchini mixture completely off heat — this is a crucial step to avoid scrambled eggs! Stir vigorously for 2-3 minutes until the sauce thickens and clings to the noodles. If it's too thick, add reserved pasta water 1 tablespoon at a time. Add red pepper flakes and toss gently to combine.

Before serving, sprinkle on a little more grated Parmesan and some toasted bread crumbs. Serve pasta in warmed bowls, with remaining bread crumbs.

If desired, you can also add a little cooked, crispy bacon (but the dish will no longer be vegetarian).

Serves 4.

— adapted from milkstreet.com. Provided by Gretchen McKay, Pittsburgh Post-Gazette (TNS)