



**DISH**  
EAT. DRINK. DISCOVER.

*Weekly Menu Plan*

# Welcome!

We're using some of our favorite all-purpose ingredients in this week's menu, like miso.

Miso is a paste made from fermented soy beans, and while it might sound intense, it's a flavor that plays more of a supporting role in a recipe. You can break it up into some olive oil and toss it with vegetables for roasting, rub it on chicken before grilling, or stir it into a salad dressing. It will lend a slightly salty, savory flavor that just enhances the natural flavors of other ingredients.

Thursday is March 14. 3.14... get it? It's PI DAY! Of course, you can make a sweet version, but we're making our favorite Beef Pot Pie to celebrate. It's SO. GOOD.

If you have some time this weekend, here are a few ways to get some prep out of the way:

1. Make the glaze for Monday's dinner
2. Marinade the Curry Chicken
3. Prep your veggies for Thursday's pot pie, or make it all the way through.



## WEEK OF MARCH 11 DINNER MENU

### MONDAY

Steamed Cod with  
Miso-Maple Glaze

### TUESDAY

Curry Chicken

### WEDNESDAY

Sausage and Barley  
Stuffed Peppers

### THURSDAY

Beef Pot Pie

### FRIDAY

Bucatini alla Carbonara

# DINNER SHOPPING LIST

## PROTEINS

- 6 center-cut cod fillets (4-6 oz each), boneless, skinless
- 1/2 lb sweet Italian-style turkey sausage, links or bulk
- 12 to 16 oz beef sirloin, cubed
- 5 oz guanciale or pancetta

## PRODUCE

- 3 carrots
- 12 mini carrots or baby carrots
- 1 lb red skin potatoes
- 1 large yellow onion
- 1 (2-in) piece fresh ginger
- 7 cloves garlic
- 1/2 lb asparagus
- 1 lemon
- 8 oz sliced cremini or white button mushrooms
- 8 each button mushrooms
- 5 oz spinach

## PANTRY

- 1/4 cup vegetable oil
- 2 tbsp olive oil
- 2 cups low-sodium chicken broth
- 1 3/4 cups beef stock
- 2 tbsp sherry
- 1/3 cup maple syrup
- 1/3 cup white miso paste
- 1/4 cup soy sauce
- 1/4 cup mirin
- 2 tbsp rice wine vinegar
- 2 tsp sesame oil
- 3/4 cup unsweetened coconut milk
- 1 tbsp Dijon mustard
- 2 dried red chiles
- 1 cup jasmine rice
- 1 cup pearl barley
- 2 tbsp tomato paste
- 2 cups prepared marinara sauce
- 1 lb dried bucatini
- 2 tbsp sweetened flaked coconut
- 3 1/4 cup all-purpose flour
- 2 tbsp almond meal
- Kosher salt
- Black pepper

## SPICES

- 1 tbsp ground coriander
- 1 tsp garam masala
- 1 tsp ground cinnamon
- 1 tsp ground turmeric
- 2 tsp Italian seasoning

## DAIRY AND EGGS

- 2 sticks unsalted butter
- 3/4 cup plain yogurt
- 1/2 cup grated Pecorino Romano
- 2 oz Parmesan cheese
- 6 eggs

## DAIRY AND EGGS

- 1 1/4 cup frozen peas
- 3/4 cup pearl onions



*You should be able to find white miso paste at most grocery stores, usually with the refrigerated items or near the tofu. Serve this dish as is, or with some steamed brown rice, if you like.*

## STEAMED COD WITH MISO-MAPLE GLAZE

### SERVES 6

- 1/3 cup white miso paste
- 1/3 cup maple syrup
- 1/4 cup soy sauce
- 1/4 cup mirin
- 2 tablespoon rice wine vinegar
- 2 teaspoon sesame oil
- 1 tablespoon dijon mustard
- 12 mini carrots, cleaned and peeled (or 12 baby carrots)
- 1/2 lb red skin potatoes, quartered
- 1/2 lb asparagus, trimmed
- 6 center-cut cod fillets (4-6 oz each), skinless, boneless
- Salt, as needed
- Freshly ground black pepper, as needed

1. In a small saucepot, combine the miso paste, syrup, soy sauce, mirin, vinegar, sesame oil, and mustard. Bring to a boil over medium-high heat, stirring occasionally until syrupy, about 2 minutes. Remove from the heat and set aside.
2. Prepare a 10-in double-layer bamboo steaming basket by cutting two parchment-paper circles to fit in the bottom of each basket.
3. Choose a sauté pan or pot that is the same size as the bamboo steamer, or just slightly smaller, so that the steamer will sit securely on top of the pan. Fill the pan with about 2 cups of water (or enough to fill it about 1-inch) and bring the water to a boil over high heat. Reduce the temperature to maintain a simmer.
4. Arrange the carrots, potatoes, and asparagus in a single layer on the bottom steamer basket and place over the pot. Place the lid on the basket and steam until the vegetables are beginning to soften, about 7 minutes.
5. Arrange the cod in a single layer in the second steamer basket. Remove the lid from the vegetable basket and place the basket with the fish over the basket containing the vegetables. Place the lid on the fish basket and steam until the fish is cooked through, about 10 minutes.
6. Remove the vegetables and the fish from the steamer basket and season with salt and pepper. Spoon the glaze over the fish and serve immediately.



*This is a very mild curry and a perfect introduction for the curry-curious. We use bone-in thighs for flavorful, tender chicken, but you can use boneless breasts, if you like. You'll want to reduce the cooking time, in that case.*

## CHICKEN CURRY

### SERVES 4 to 6

- 1 1/2 tablespoon finely grated ginger
- 1 tablespoon minced garlic
- 3/4 cup plain yogurt
- 2 1/2 lb skinless chicken thighs, bone in (2 thighs per person)
- 2 dried red chiles, crushed
- 2 cups finely chopped yellow onion
- 1 tablespoon vegetable oil
- 1 tablespoon ground coriander
- 1 teaspoon garam masala
- 1 teaspoon ground turmeric
- 1/4 teaspoon freshly cracked black pepper
- 2 tablespoon sweetened flaked coconut
- 1 teaspoon ground cinnamon
- 3/4 cup unsweetened coconut milk
- 2 tablespoons almond meal
- 1/2 cup frozen peas
- 1 teaspoon fresh lemon juice
- Kosher salt, as needed
- 1 cup jasmine rice, steamed

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1. Combine the ginger, garlic, and yogurt in a 1-gallon zip-close plastic bag. Stir or squeeze to combine the ingredients well. Add the chicken, remove as much air as possible from the bag, seal, and place in the refrigerator overnight.
  2. Combine the crushed chiles and onion in a food processor. Purée until smooth.
  3. Heat the oil in a large pot over low heat. Add the coriander, garam masala, turmeric, and black pepper and lightly toast the spices, about 1 minute.
  4. Add the chile-onion mixture, coconut, and cinnamon. Increase the heat to bring the mixture to a boil, then reduce the heat and simmer for 10 minutes. Remove the pot from the heat, and add the coconut milk, chicken with its marinade, ground almonds, and peas.
  5. Bring the mixture to a very gentle simmer over medium heat. Simmer until the chicken is tender, 30 to 40 minutes. Stir in the lemon juice and adjust the seasoning with salt as needed.





*We love traditional stuffed peppers, but this version is just a little lighter and adds a bonus serving of whole grains. These can be made ahead and reheated before serving, and leftovers make a great room-temperature lunch for work.*

## SAUSAGE AND BARLEY-STUFFED PEPPERS

### SERVES 8

- 2 cups low-sodium chicken broth
- 1 cup water
- 1 cup pearl barley
- 2 teaspoons olive oil
- 1/2 pound sweet Italian-style turkey sausage, casings removed
- 1 medium yellow onion, diced
- 2 garlic cloves, minced
- 2 teaspoons Italian seasoning
- 1/2 teaspoon freshly ground black pepper
- One 8-ounce package sliced mushrooms
- 5-ounce package spinach leaves, roughly chopped
- 2 cups marinara sauce (if using jarred, choose low-sodium)
- 2 ounces Parmesan cheese, grated

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1. Preheat the oven to 400°F.
  2. Bring the broth and water to a boil. Add the barley, cover, and reduce the heat to a simmer. Cook the barley until soft but not mushy, about 55 minutes. Set aside and keep warm.
  3. Heat the olive oil in a sauté pan over medium high heat. Add the sausage and brown. When the sausage is partially cooked, add the onion, garlic, Italian seasoning, and black pepper. Cook until the onion is soft and sausage is fully cooked, about 2 minutes. Remove from skillet and set aside and keep warm.
  4. Add the mushrooms to the pan and sweat until they release most of their liquid. Add the spinach to the pan and cook just until wilted but still bright green. Add the mushroom mixture to the sausage mixture. Add the marinara sauce, barley, and half of the cheese.
  5. Stuff each pepper half with 1 cup of the filling. Cover the stuffing of each pepper with a square of foil coated in cooking spray. Place the pepper foil side down in a baking pan. Bake until the juices are bubbling, about 30 minutes.
  6. Turn peppers over and remove foil. Sprinkle remaining cheese on top and serve.



*Happy Pi Day to all of the mathletes out there. For those of us who may need to Google pi to remember the details (3.14 something something), it's just a good excuse to eat the good stuff. This beef pot pie is one of our favorite recipes, and can be fully prepared and either baked or reheated the day you serve it.*

## BEEF POT PIE

### SERVES 6

- All-Butter Pie Dough, single crust (recipe on next page)
- Egg wash, as needed
- 8 oz red potatoes, cubed
- 3 tablespoons vegetable oil
- 12 to 16 ounces beef sirloin, cubed
- 2 cloves garlic, minced
- 2 tablespoons sherry
- 1 3/4 cups beef stock
- 3 carrots, peeled and cut into 1/4-inch rounds
- 8 button mushrooms, halved
- 2 tablespoons tomato paste
- 1/4 cup all-purpose flour
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 3/4 cup pearl onions, frozen or fresh
- 3/4 cup frozen peas

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1. On a lightly floured piece of parchment paper, roll out the dough and cut a circle of dough 1 inch larger on all sides than a deep dish pie plate. Using a pastry brush, lightly brush the outer edge of the dough circle with water. Fold back the outer 1 inch of the dough. Flute the edge of the dough as desired. Use a paring knife to cut decorative vents into the top, pressing the vents open if needed. Transfer to a flat baking sheet, brush with egg wash, and freeze for a minimum of 30 minutes, or until firm, before using.
  2. Meanwhile, place the potatoes in a small saucepan and add enough water to cover them by 1 inch. Cover the pan and bring the water to a boil. Cook the potatoes until tender, 10 to 15 minutes. Remove the pan from the heat and drain off the water.
  3. In a medium sauté pan, heat 2 tablespoons of the oil over medium heat. Add the sirloin and sauté until browned on all sides, about 10 minutes. Add the garlic and sauté, stirring, until fragrant, about 30 seconds. Add the sherry to deglaze the pan and scrape up the browned bits from the bottom of the pan. Cook until the sherry has evaporated, about 5 minutes. Pour in 1 1/2 cups of the beef stock. Simmer the sirloin over medium heat for 1 to 1 1/2 hours, or until tender.
  4. Preheat the oven to 425°F. In a separate medium sauté pan, heat the remaining 1 tablespoon oil over medium heat. Add the carrots and cook until tender, about 5 minutes. Add the mushrooms and cook until they have released their liquid and softened, 4 to 5 minutes. Add the tomato paste and flour and stir until incorporated. Cook, stirring constantly, for 2 to 3 minutes. Slowly pour in the remaining 1/4 cup beef stock and stir until smooth. Remove the pan from the heat.
  5. Add the vegetable mixture to the sirloin. Bring to a simmer over medium-high heat and cook, stirring, until well combined and thickened, about 5 minutes. Remove the pan from the heat and season the mixture with the salt and pepper. Immediately stir in the potatoes, onions, and peas.
  6. Pour the filling into a deep-dish pie pan on a baking sheet. Place the frozen crust on top of the filling and brush it with a second coat of egg wash. Transfer the pie to the oven and bake until the crust is golden brown and the filling is bubbling, 45 to 50 minutes.
  7. Remove the potpie from the oven and place it on a cooling rack. Let the potpie rest for 20 minutes before serving. The filling will continue to thicken as it cools.



*This recipe makes twice as much dough as you need for this recipe. You can use the second half for another pie (coconut custard, maybe?) or wrap it tightly in plastic wrap and freeze it for another use.*

## ALL-BUTTER PIE DOUGH

### MAKES 1 DOUBLE CRUST PIE DOUGH

- 3 cups all-purpose flour
- 1/3 cup water, ice cold, plus more as needed
- 1 teaspoon kosher salt
- Egg wash, as needed
- 1 cup (2 sticks) unsalted butter, cold, cut into 3/4-inch cubes

1. In the bowl of a stand mixer, combine the flour, salt, and sugar.
2. Place the bowl in the freezer for 30 minutes, or until the bowl and ingredients are well chilled.
3. Remove the bowl from the freezer and place it on the mixer. Using the paddle attachment, blend the dry ingredients on low speed for 15 seconds, or until combined. With the mixer off, add the butter pieces to the mixing bowl. Mix on medium speed for 1 to 2 minutes, or until the butter is in pieces no larger than small walnuts, but no smaller than peas.
4. With the mixer off, sprinkle approximately half of the ice-cold water over the mixture. Mix on low speed for 30 to 60 seconds, or until just combined. Continue to add water in small amounts until the dough transitions from a slightly powdery appearance with chunks of butter to that of a rough and pliable dough. The dough should just hold together when pressed to the side of the bowl. It should not form a ball or mass of dough in the bowl.
5. Turn the dough out onto a lightly floured work surface. Shape the dough into one or two 5- to 6- inch discs, depending on whether you are following the single- or double-crust recipe. Wrap discs tightly in plastic wrap. Chill the dough in the refrigerator for at least 1 hour, or preferably overnight.



## BUCATINI ALLA CARBONARA



### SERVES 4 to 6

- Kosher salt, as needed
- 1 lb dried bucatini
- 1 tablespoon extra-virgin olive oil
- 5 oz diced guanciale (cured pork jowl) or pancetta
- 2 large eggs
- 2 egg yolks
- 1/2 cup grated Pecorino Romano
- 1 teaspoon freshly ground black pepper

*If this is your first carbonara experience, welcome to the club. This is a simple preparation, but it doesn't taste that way. You'll want to keep this recipe in your back pocket for dinner parties.*

1. Bring a large pot of salted water to a boil over high heat. Add the bucatini and stir to submerge and separate the strands. Cook, uncovered, until the pasta is just tender (al dente), 10 to 12 minutes (check the cooking time for your pasta).
2. While the bucatini is cooking, heat a large sauté pan over medium heat. Add the oil and the guanciale. Cook, stirring to cook the guanciale evenly, until it is just starting to crisp, about 2 minutes. There should be about 2 tablespoons of rendered fat and oil in the pan. Set aside.
3. Blend together the whole eggs, egg yolks, cheese, and pepper in a medium bowl with a whisk or fork until well combined.
4. Drain the bucatini in a colander. Shake well to remove any water clinging to the pasta. Pour the drained pasta into the pan with the guanciale.
5. Add the egg mixture and stir the bucatini together with the egg mixture and the bacon. The heat from the pasta should be enough to cook the eggs, but if necessary, you can cook the sauce very gently over low heat. Stop as soon as the sauce clings well; if you cook it any longer, the eggs will scramble