



**DISH**  
EAT. DRINK. DISCOVER.

*Weekly Menu Plan*

# Welcome!

Welcome to March, where the weather can be as unpredictable, as well, the rest of our lives. We've got comfort foods on the menu this week, just in case you have snow headed your way, but we're easing into spring with some Swiss chard and lots of herbs!

You may be in a part of the country where farmers' markets are starting to show signs of life (but don't rub it in for the rest of us), so feel free to make swaps if you see something you can't resist. Monday's vinegar chicken would be great with roasted carrots or broccoli, and Friday's chicken salad would be the perfect sweet and savory use for juicy strawberries.

If you have a little time on your hands this weekend, here's what you can do to get some prep out of the way:

- Marinate your chicken for Monday's dinner. Make the celery root mash (just reheat in a saucepan with a touch of cream).
- Make chicken broth if you want homemade for Tuesday's soup.
- Make the mac and cheese up until the bread crumb step.
- Poach your chicken for Friday's chicken salad.

Have a great week!



## WEEK 6 DINNER MENU

### MONDAY

Vinegar Chicken  
with Celery Root Mash

### TUESDAY

Asian Noodle Soup

### WEDNESDAY

Roasted Pork Tenderloin with  
Honey-Mustard Sauce  
and Sautéed Swiss Chard

### THURSDAY

Classic Mac and Cheese

### FRIDAY

Crème Fraiche Chicken Salad

## PROTEINS

- 6 bone-in, skin-on chicken breasts
- 2 lb 8 oz boneless, skinless chicken breast
- 3 lb pork tenderloin
- 8 oz firm tofu

## PRODUCE

- 5 shallots
- 9 garlic cloves
- 1 small piece fresh ginger
- 1 carrot
- 1 celery root knob (about 1 lb 8 oz)
- 1 bunch Swiss chard
- 4 scallions
- 1 bunch parsley
- 1 bunch tarragon
- 1 bunch chives
- 1 bunch oregano
- 1 bunch marjoram
- 1 bunch chervil
- 1 cup red grapes

## DAIRY & EGGS

- 5 tbsp unsalted butter
- 3 cups whole milk
- 1/2 cup heavy cream
- 5 cups shredded sharp Cheddar cheese
- 1/2 cup plus 2 tbsp crème fraîche
- 4 eggs

## SPICES

- 1 tsp crushed red chile flakes
- 1/2 tsp sweet or Spanish paprika
- 1 bay leaf
- Kosher salt
- Ground black pepper

## PANTRY

- 3 tbsp extra-virgin olive oil
- 2 tbsp vegetable oil
- 1/2 cup plus 2 tbsp mayonnaise
- 1 cup apple cider vinegar
- 1/3 cup white vinegar
- 2 1/2 tbsp red wine vinegar
- 2 tbsp whole grain mustard
- 1/4 cup plus 1 tbsp tomato paste
- 1/4 cup honey
- 9 cups (2 1/4 quarts) chicken broth
- 2 tbsp soy sauce
- 1/4 tsp Tabasco sauce
- 1/2 lb elbow macaroni
- 1 lb dry or fresh ramen noodles
- 1/4 cup panko bread crumbs
- 1 cup pecan pieces
- 5 tbsp all-purpose flour
- 1 baguette
- 1 cup Alsatian Riesling wine



*We're suggesting Alsatian Riesling wine for this dish, but don't get bogged down by the details. Any white wine that you would normally use for cooking will work in this recipe. You can use boneless chicken breasts or thighs for this dish. Just make sure to keep an eye on them, since they won't take quite as long to cook.*

## VINEGAR CHICKEN

### SERVES 6

- 4 garlic cloves, finely chopped
- 4 shallots, finely chopped
- 1 cup Alsatian Riesling wine
- 6 chicken breasts, skin on, bone in
- Extra-virgin olive oil, as needed
- 1/4 cup tomato paste
- 1 cup apple cider vinegar
- 2 tablespoons honey
- 1 1/2 cups chicken broth
- 1 tablespoon minced parsley
- 1 tablespoon minced tarragon
- 1 tablespoon minced chives

1. The day before, in a nonreactive bowl or container, combine the garlic, shallots, and wine to make a marinade. Add the chicken and allow to marinate in the refrigerator overnight.
2. On the following day, remove the chicken from the marinade and pat dry with paper towels. Strain the vegetables from the marinade and reserve both.
3. In a pan over medium heat, cook the chicken breasts in a small amount of olive oil until golden brown on both sides, about 10 minutes. If working in small batches to avoid overcrowding the pan, continue cooking until all the chicken breasts are browned. If excess fat accumulates in the pan or small solids in the bottom of the pan start to burn, drain the fat and add new olive oil, as needed, between batches.
4. In a clean pan over medium heat, cook the reserved garlic and shallots in a small amount of olive oil until tender, about 4 minutes. Stir in the tomato paste and allow it to cook for 3 minutes. Deglaze the pan with the vinegar and half of the reserved marinade. Add the honey and broth and continue cooking until the liquid has reduced by two-thirds. Add the chicken breasts and the remaining half of the marinade and cook until the juices from the chicken run clear, about 10 minutes. Transfer the chicken to a plate, cover lightly with aluminum foil, and allow the chicken to rest.
5. Strain the cooking liquid through a fine-mesh sieve, if you like, and return the liquid to the pan. Cook over medium heat until the liquid has reduced to a consistency that coats the back of a wooden spoon. Stir in the parsley, tarragon, and chives.
6. Carve the chicken from the bones and slice before serving with the sauce.



*Celery root (also called celeriac) is a nice change of pace from the typical root veggies we use so often. If you can't find it at your store, you can use parsnips, cauliflower, or potatoes, of course! If heavy cream feels a little too decadent, you can use 1/2 & 1/2.*

## CELERY ROOT MASH

### SERVES 4 to 6

- 1 celery root knob, peeled and cut into large dice (about 1 lb 8 oz)
- 2 tablespoons unsalted butter
- 1/2 cup heavy cream, warmed
- Salt, to taste
- Freshly ground white pepper, to taste

- .....
1. In a pot, cover the diced celery root with salted water by 1 inch and bring to a boil over high heat. Boil until tender.
  2. Drain the celery root well and mash with a potato masher until it is the consistency of mashed potatoes.
  3. Place the mashed celery root, butter, and half of the cream in a blender. Process for a few seconds and then add the remaining cream. Process again until the mixture is smooth. Season with salt and pepper.



*Poaching eggs is way easier than you think, so don't let this stress you out. If it's overwhelming, or to save time, you can always add the eggs like egg-drop soup. Whisk them with a fork in a small bowl, then slowly steam them into the simmering soup, using the fork to whisk them up in the broth as they quickly cook.*

## ASIAN NOODLE SOUP

### SERVES 4 to 6

- 1 pound dry or fresh ramen noodles
- 2 quarts water
- 1/3 cup white vinegar
- 4 eggs
- 1 1/2 quarts chicken broth
- 2 tablespoons soy sauce
- 1 tablespoon grated fresh ginger
- 1 clove garlic, thinly sliced
- 1 carrot, shredded
- 1 cup medium-dice firm tofu
- Pinch freshly ground black pepper
- Crushed red chili flakes, as needed
- 4 scallions, thinly sliced

- 
1. Cook the noodles in a pot of boiling salted water until they are tender. Drain the noodles and reserve.
  2. To prepare the eggs, combine the water and vinegar in a shallow pan. Bring the water to a simmer over low-to-medium heat. Crack the eggs into individual custard cups. While swirling the water inside the pan with a wooden spoon, gently slide the eggs into the water and let them cook until the white is cooked and the yolk is the desired doneness, 6 to 8 minutes.
  3. Using a slotted spoon, remove the eggs from the water and gently pat dry with a clean towel. Place the finished eggs on a dish and reserve.
  4. In a medium-sized soup pot, combine the broth, soy sauce, ginger, garlic, carrot, and tofu. Bring to a simmer over moderate heat. Add the salt, pepper, and chili flakes.
  5. Evenly distribute the noodles into four soup bowls and top each bowl with a poached egg. Fill the bowls with the broth and garnish with the scallions. Serve immediately.



*Pork tenderloin is an easy, quick-cooking alternative to chicken, and this honey-mustard sauce is a crowd-pleaser. We like serving it with simple wilted greens (there's a recipe on the next page), and some simple boiled grains sprinkled on top will add some interesting texture. Try larger, more toothsome varieties like wheat berries or farro.*

## ROASTED PORK TENDERLOIN WITH HONEY-MUSTARD SAUCE

### SERVES 4 to 6

- 3 pounds pork tenderloin, whole
- 2 tablespoons vegetable oil
- 1 1/3 cup chicken broth
- 2 garlic cloves, minced
- 2 tablespoons shallots, minced
- 2 tablespoons whole-grain mustard
- 1 tablespoon tomato paste
- 1 1/2 teaspoon thyme, chopped
- 1 teaspoon ground black pepper
- 2 tablespoons honey
- 2 1/2 tablespoons red wine vinegar
- 1/2 teaspoon kosher salt

1. Preheat the oven to 425°F. Place a rack in a roasting pan, spray with nonstick spray, and place in oven. Remove any excess fat or silverskin from the tenderloin.
2. Heat vegetable oil in a large sauté pan over medium-high heat. Do not overcrowd the pan you may need to do this in more than one batch. Sear the meat until it is golden brown on all sides, approximately 5 minutes.
3. Remove the tenderloin and place it on the rack in the roasting pan. Roast until an internal temperature of 165°F for well done, and 155°F for slightly pink. This will take approximately 15 to 20 minutes.
4. While the tenderloins are roasting, lower the heat of the nonstick skillet used to brown the loin to medium. Add the garlic and shallots; cook until fragrant, about 1 minute. Add the tomato paste; scraping up the browned bits from the bottom of the pan. Sauté until the tomato paste has slightly browned. Add the mustard, honey, vinegar, thyme, salt, pepper, and chicken broth. Bring to boil, then simmer until the mixture reduces to a sauce consistency, about 10 minutes. Keep warm.
5. Remove the tenderloins from the oven and let stand 5 to 10 minutes before slicing. Carefully skim and discard the fat from the pan juices. Pour the degreased pan juices into the sauce. Bring the sauce to a boil, reduce the heat, and simmer until it is slightly reduced.
6. Slice the roast and serve with the warm honey-mustard sauce.



## SAUTÉED SWISS CHARD

### SERVES 4 to 6

- 1 bunch Swiss chard
- 1 tablespoon extra-virgin olive oil
- 1 garlic clove, minced
- Kosher salt, as needed
- Freshly ground black pepper, as needed

*This is a basic technique that you can use to cook any tender vegetable, like spinach, broccolini, or even thinly sliced carrots. You can add a pinch of red pepper flakes, if you like it spicy. Choose rainbow chard for a pretty presentation.*

- .....
1. Strip the leaves from the Swiss chard and tear into roughly 1-inch pieces. Chop the stems and keep separate from the leaves.
  2. Heat the oil in a large sauté pan over medium-high heat. Add the chard stems and sauté until just tender, about 3 minutes. Add the garlic, and sauté until aromatic, about 1 minute more.
  3. Add the reserved chard leaves and season with salt and pepper, to taste. Sauté, stirring occasionally, until the leaves are just wilted, about 2 minutes.





*You can make this mac and cheese ahead of time. Just wait to add the breadcrumbs and bake it until the night you'll serve it. Stir in some blanched broccoli florets, shredded rotisserie chicken, or even some pan-crisped pepperoni, if you want to try something new.*

## CLASSIC MAC AND CHEESE

### SERVES 4 to 6

- 3 tablespoons plus 2 teaspoons kosher salt
- 2 quarts water
- 8 oz elbow macaroni
- 3 tablespoons unsalted butter
- 5 tablespoons all-purpose flour
- 3 cups whole milk
- 1/2 teaspoon sweet or smoked Spanish paprika
- 1 bay leaf
- 5 cups shredded sharp Cheddar cheese
- 1/4 teaspoon Tabasco sauce
- 1/2 teaspoon freshly cracked black pepper
- 1/4 cup panko bread crumbs

- 
1. Preheat the oven to 375°F.
  2. Bring 3 tablespoons of the salt and the water to a boil over high heat. Add the pasta and boil until tender but not completely cooked, 7 to 9 minutes. Drain the pasta in a colander.
  3. While the pasta is cooking, melt the butter in a separate pot over medium heat. Stir in the flour, and cook, stirring, until there are no lumps and the mixture has cooked through, about 5 minutes. Be careful not to develop any brown color. Stir in the milk, paprika, and bay leaf. Increase the heat to establish a simmer, and simmer for 10 to 15 minutes, until the sauce has thickened. Remove and discard the bay leaf.
  4. Add 4 1/2 cups of the cheese to the sauce in batches, about 1 cup at a time, waiting until most of the cheese has melted before adding the next batch. Do not allow the sauce to boil. Add the Tabasco, pepper, and remaining 2 teaspoons salt.
  5. Combine the macaroni with the cheese sauce and mix well to coat. Pour the mixture into a 2-quart baking dish, and sprinkle with the remaining 1/2 cup cheese. Sprinkle the bread crumbs over the cheese and transfer the baking dish to the oven. Bake until the cheese is bubbling around the edges and the bread crumb crust on top has become golden brown and crunchy, 20 to 30 minutes. Allow the mac and cheese to set for 5 to 10 minutes before serving.



*This makes a pretty big batch, so you may want to half it -- but it's also great for weekend leftovers. If you can't find crème fraîche, sour cream will do the trick. We're suggesting that you eat this with a nice, crusty baguette, but you can also serve it on top of some green leaf lettuce, if you'd like.*

## CRÈME FRAÎCHE CHICKEN SALAD

### SERVES 8 to 10

- 3 qt water
- 2 teaspoons kosher salt
- 1 cloves garlic, crushed
- 2 lb 8 oz boneless, skinless chicken breast
- 1/2 cup plus 2 tablespoons crème fraîche
- 1/2 cup plus 2 tablespoons mayonnaise
- 1 cup roughly chopped pecans
- 1 cup red grapes, halved
- 2 tablespoons finely chopped marjoram
- 3 tablespoons finely chopped chervil
- 3 tablespoons finely chopped tarragon
- 2 tablespoons finely chopped oregano
- Ground black pepper, as needed
- 1 baguette

- 
1. In a sauce pot over medium heat, combine the water, salt, and crushed garlic. Bring to a simmer, then add the chicken. Poach the chicken until it is fork tender and fully cooked, about 30 minutes. Remove the chicken from the stock and cool to room temperature. Cut into medium dice.
  2. In a large bowl, combine the chicken, crème fraîche, mayonnaise, pecans, grapes, marjoram, chervil, tarragon, oregano, and black pepper. Serve on or alongside baguette slices.