



DISH
EAT. DRINK. DISCOVER.

Weekly Menu Plan

Welcome!

We love this week's menu, mainly because it starts with one of our favorite dishes, a seafood risotto. We'll make this on Monday, mostly because storing fresh seafood can be a bit of a hassle (and fragrant, to put it lightly), but if you need a simple Monday night dinner, swap it out for the Caesar Salad or Moo Shu Vegetables.

Speaking of the Moo Shu Vegetables, it's a bit sweet and a bit spicy, making it feel rich. But if you want to add a protein, you can stir-fry thinly sliced chicken or pork, or cubed tofu until it's brown around the edges. We would do it first, remove it from the pan, and then proceed with the recipe as written.

These recipes are pretty simple, but if you want to get ahead of your prep:

1. Make the marinade for the Mojo Chicken (but wait to marinate it until the day you make it)
2. Make your Caesar salad dressing. If making homemade croutons, you can make them today and store them in a zip-top bag.



WEEK OF APRIL 8 DINNER MENU

MONDAY

Risotto with Seafood

TUESDAY

Mojo Chicken
with Sweet Potato and Plantain

WEDNESDAY

Chilaquiles with Mushrooms

THURSDAY

Grilled Chicken Caesar Salad

FRIDAY

Moo Shu Vegetables

DINNER SHOPPING LIST



PROTEINS

- 2 lb mixed seafood
- 6 bone-in chicken thighs
- 3 lb boneless, skinless chicken breasts

PANTRY

- 1 1/2 cups olive oil
- 2 1/2 cups vegetable oil
- 1 tbsp sesame oil
- 2 quarts shellfish broth
- 1 lb Carnaroli rice
- 1 cup prepared tomatillo salsa (or salsa verde)
- 1 tsp anchovy paste
- 1 tsp Dijon mustard
- 4 cups croutons
- 1/4 cup hoisin sauce
- 3 tbsp soy sauce
- 16 moo shu pancakes
- 1 tbsp brandy
- Kosher salt
- Black pepper

PRODUCE

- 2 medium yellow onions
- 4 carrots
- 4 stalks celery
- 1 head garlic
- 1 (2-inch) piece ginger
- 1 red bell pepper
- 1 head Napa cabbage
- 1 bunch scallions
- 1 lb white mushrooms
- 2 sweet potatoes
- 2 plantains
- 1 1/4 lb romaine lettuce
- 1 bunch flat-leaf parsley
- 1 bunch cilantro
- 2 oranges
- 3 limes
- 4 lemons

DAIRY AND EGGS

- 1 stick unsalted butter
- 2 tbsp grated Parmigiano-Reggiano
- 1/2 cup grated Parmesan
- 1/2 cup sour cream
- 4 oz queso fresco
- 1 egg

SPICES

- 1 tsp ground cumin
- 1 tsp dried oregano



There are several things about this recipe that seem intimidating at first glance (seafood and risotto!), but let us assure you that if you take the plunge, you won't regret it. Risotto is actually very simple once you practice it a few times, and you'll find yourself going back to it as a default dinner when you can't think of anything else. Use a mix of fish and shellfish in this dish, or just pick one, like shrimp or scallops, to keep it simple.

RISOTTO WITH SEAFOOD

SERVES 6

- 2 quarts shellfish broth
- 1/2 cup (1 stick) unsalted butter, divided
- 3/4 cup minced yellow onion
- 1 lb (2 2/3 cups) Carnaroli rice
- 2 lb mixed seafood, such as mussels, shrimp, scallops, and squid
- 1/4 cup chopped flat-leaf parsley
- 2 tablespoons grated Parmigiano-Reggiano (optional)
- 1 tablespoon brandy (optional)
- Kosher salt, as needed
- Freshly ground black pepper, as needed

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1. Heat the broth in a pot over low heat; keep warm.
 2. Heat 3 tablespoons of the butter in a large pot over low heat. Add the onion and cook, stirring frequently, until the onion is tender and translucent, about 4 minutes. Add the rice and toast lightly, stirring frequently, about 2 minutes.
 3. Add enough of the broth to cover the rice by 1/2-inch, and cook, stirring frequently to be sure the rice doesn't stick to the bottom. As the rice absorbs the broth, keep adding more, 1/2 cup at a time. Add the seafood to the rice after it has cooked for about 12 minutes.
 4. Once the rice has absorbed almost all the broth and the seafood is cooked, about 18 minutes total cooking time, remove the pot from the heat. Add the remaining 5 tablespoons butter, the parsley, cheese, and brandy, if using, and stir vigorously until the risotto is creamy. Taste and season with salt and pepper. Serve the risotto at once on warmed plates, dividing the seafood evenly among the plates.



We love one-dish meals, and this one is a little sweet, a little savory, and a lot tangy. Chicken thighs hold up well to the roasting time (it's really hard to overcook a thigh!), but you can also use drumsticks or bone-in breasts, if you prefer. You'll just need to keep an eye on them, since the cooking time will change a bit.

MOJO CHICKEN WITH SWEET POTATOES AND PLANTAINS

SERVES 6

1/4 cup freshly squeezed orange juice	1 teaspoon kosher salt, plus more as needed
1/4 cup freshly squeezed lime juice	1/2 teaspoon freshly ground black pepper, plus more as needed
1/3 cup plus 1 tablespoon olive oil, divided	6 bone-in chicken thighs
5 garlic cloves, mince	2 sweet potatoes, chopped
1 teaspoon ground cumin	2 plantains, peeled and sliced
1 teaspoon dried oregano	

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1. In a zip-top bag, combine the orange juice, lime juice, 1/3 cup of the oil, garlic, cumin, oregano, salt, and pepper. Add the chicken and turn to coat. Seal and refrigerate for 30 minutes.
 2. Preheat the oven to 400°F. Transfer the chicken to one half of a lightly oiled sheet pan. On the other side, arrange the sweet potatoes and plantain slices in one layer and drizzle with the remaining 1 tablespoon of olive oil. Season with salt and pepper.
 3. Roast until the chicken is cooked through and the vegetables are tender and browned around the edges, about 45 minutes. Turn the vegetables and plantains once halfway through cooking.
 4. Stir the vegetables on the pan before serving to coat with any residual cooking liquid.



If you aren't familiar with chilaquiles, you can think of them as grown-up nachos (that kids will like, too!). There is something special about a freshly fried tortilla chip, but you can absolutely substitute store-bought tortilla chips for this dish. This version is meat-free, but you can add shredded chicken, pulled pork, or even leftover steak.

CHILAQUILES WITH MUSHROOMS

SERVES 6

- 1 lb white mushrooms, sliced 1/4-inch thick
- 1/4 cup olive oil
- 1/2 medium white onion, minced
- 2 garlic cloves, minced
- 1 cup prepared tomatillo salsa
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- Kosher salt, as needed
- Vegetable oil, as needed, to fry the tortillas
- 8 oz corn tortillas, cut into 8 wedges each
- 1/2 cup sour cream
- 4 oz queso fresco, crumbled
- 1/2 cup coarsely cut cilantro

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1. In a very hot skillet, cook the mushrooms in the olive oil until slightly browned, 3 to 5 minutes. Add the onions and cook until slightly softened, about 1 minute. Add the garlic and cook until fragrant, 10 to 20 seconds. Add the salsa and simmer for about 2 minutes more. Adjust the seasoning as needed with salt.
 2. Heat the oil to 325°F and deep-fry the corn tortilla wedges until crispy and very slightly browned, 1 to 2 minutes. Transfer to a paper-towel lined tray to drain.
 3. Preheat the oven to 450°F.
 4. In a large bowl, combine the fried tortilla wedges with the mushroom mixture. The tortillas should soften slightly but not become mushy.
 5. Transfer to a baking dish, drizzle with sour cream, and sprinkle with the queso fresco. Bake until heated through, about 5 minutes.
 6. Garnish with the cilantro and serve immediately.



Caesar salad dressing often has egg yolk and is blended to make a creamy, emulsified dressing. That's amazing, but this is easy and delicious, making it perfect for a quick weeknight meal. Substitute the grilled chicken for shrimp or salmon, if you like, or even shredded rotisserie chicken on a busy night.

GRILLED CHICKEN CAESAR SALAD

SERVES 8

- 3 pounds boneless, skinless chicken breasts
- Kosher salt, as needed
- Freshly ground black pepper, as needed
- 1/2 cup olive oil
- 1/4 cup lemon juice
- 1 teaspoon anchovy paste
- 1 teaspoon Dijon mustard
- 2 garlic cloves, finely minced
- 1 1/4 pounds romaine lettuce, washed, drained, and cut into bite size pieces
- 1/2 cup grated Parmesan cheese
- 4 cups croutons

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1. Prepare a grill for medium heat cooking. Grill the chicken until well-browned and cooked through, about 6 minutes per side. Set aside.
 2. Meanwhile, in a large bowl, whisk the oil, lemon juice, anchovy paste, mustard, and garlic to blend. Add the lettuce, cheese, and croutons, and toss to coat.
 3. Slice the chicken. Serve the salad on chilled plates topped with the chicken.



Sweet and spicy crisp vegetables wrapped in paper thin pancakes make a healthy and easy alternative to ordering in. Moo shu pancakes are available in Asian groceries and well-stocked supermarkets, but if you cannot find the pancakes, flour tortillas can be used as a perfectly suitable substitute.

MOO SHU VEGETABLES

SERVES 8

- 3 tablespoons canola oil
- 1 tablespoon garlic, minced
- 1 tablespoon ginger, peeled, minced
- 1 tablespoon scallion, minced
- 1 red pepper, cut in 1 to 2-inch strips
- 4 celery stalks, cut in 1 to 2-inch strips
- 4 carrots, cut in 1 to 2-inch strips
- 1/2 head Napa cabbage, chiffonade
- 2 tablespoons hoisin sauce, plus more for serving
- 3 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 egg, beaten
- 16 moo shu pancakes

1. Heat the oil in a wok or large sauté pan. Add the garlic, ginger, and scallion. Stir-fry until aromatic, about 1 minute.
2. Add the red pepper, celery, carrots, and cabbage. Stir-fry until tender, approximately 2 minutes. Stir in the hoisin sauce, soy sauce, and sesame oil.
3. Make a well in the middle of the vegetable mixture, pour in the egg and let it set for 30 seconds, and then break up into vegetables.
4. Serve with moo shu pancakes and extra hoisin sauce, if you like. The pancakes can be heated in a stack with a damp cloth over them in the microwave or oven.