



DISH
EAT. DRINK. DISCOVER.

Weekly Menu Plan

Welcome!

New Mexican Green Chile Stew is what we crave during the transition from spring to summer. It's still cool enough for a stew, but this one is a little lighter and a little fresher than your typical beefy braise. Like all stews, it's even better the next day, so make it over the weekend and reheat it on Monday. We haven't tried it in the slow cooker (though, add that to the to-do list!), but we think it would be a great option.

It may be a busy weekend, but if you can squeeze in a little time, check some of these off of your prep list:

1. Make the New Mexican Green Chile Stew all the way through. Even if you don't, remember to soak your beans Sunday night!
2. Cook the barley for Tuesday's pilaf.
3. Prep your veggies and the vinaigrette for Wednesday's salad.



WEEK OF APRIL 22 DINNER MENU

MONDAY

New Mexican Green Chile Stew

TUESDAY

Chicken Breast Filet with Moroccan Tomato Sauce and Barley and Couscous Pilaf

WEDNESDAY

Grilled Garlic Shrimp and Radish Salad

THURSDAY

Chicken Yakitori with Grilled Asparagus

FRIDAY

Pasta e Ceci

DINNER SHOPPING LIST



PROTEINS

- 1 lb boneless, skinless chicken breast
- 2 lb boneless, skinless chicken thighs
- 1 lb chicken livers
- 1 3/4 lb pork shoulder
- 12 shrimp (16/20 count)

PRODUCE

- 2 medium white onions
- 2 medium yellow onions
- 2 carrots
- 2 stalks celery
- 8 green onions
- 1 head garlic
- 1 (2-in) piece ginger
- 1 jalapeño
- 1 Thai chile
- 12 oz Anaheim peppers
- 1 bell pepper (any color)
- 1 small daikon radish
- 1 bunch French radishes
- 2 lb asparagus
- 2 large Russet potatoes
- 2 large tomatoes
- 1 bunch cilantro
- 1 bunch rosemary
- 1 bunch basil (optional)
- 1 bunch parsley (optional)
- 3 lime

PANTRY

- 3 tbsp vegetable oil
- 1 cup olive oil
- 1 tbsp sesame oil
- 3 quarts chicken stock
- 1 cup dry white beans
- 1 lb dried chickpeas
- 1/2 cup pearled barley
- 1/2 cup Israeli couscous
- 8 oz dried pappardelle
- 8 oz soba noodles
- 1 tbsp all-purpose flour
- 1/4 cup sugar
- 1/4 tsp arrowroot
- 1/2 cup dry white wine
- 3/4 cup sake
- 3 tbsp white miso paste
- 1/3 cup mirin
- 2 tbsp dark soy sauce
- 1/2 cup light soy sauce
- 1 tbsp fish sauce
- Kosher salt
- Ground black pepper

SPICES

- 2 1/2 tbsp sesame seeds
- 1 tsp ground cumin
- 1/2 tsp ground cinnamon
- 1/2 tsp ground ginger
- Pinch ground chipotle chile powder
- Pinch crushed red pepper flakes
- 1 bottle ground sansho pepper
- 1 bottle Japanese seven-spice



This recipe is a CIA favorite, and for good reason. It's hearty, flavorful, and easy to make ahead (and even freeze, if you want). If you can't find Anaheim peppers, you can substitute dark green poblanos.

MEXICAN GREEN CHILE STEW

SERVES 5

- 1 cup dry white beans, soaked in water overnight
- 1 3/4 lb pork shoulder, cut into large dice
- 1 quart chicken stock
- 12 oz Anaheim peppers
- 2 tablespoons vegetable oil
- 1 1/2 cups small-dice onion
- 2 tablespoon minced garlic
- 3 cups medium-dice russet potatoes
- 1 tablespoon seeded and chopped jalapeños
- 1 cup chopped cilantro, plus 1/4 cup cilantro leaves

1. Drain the soaked beans, transfer to a small pot, and cover with water. Simmer over medium low heat until completely tender, about 1 hour. Add more water throughout the cooking process, if necessary. Reserve the beans in their cooking liquid.
2. Place the pork in a large pot and add the stock. Simmer over low heat until the pork is tender, about 2 hours.
3. Meanwhile, grill or broil the Anaheim peppers until the skins blacken and the flesh is tender, 6 to 8 minutes. Place the peppers in a bowl and cover with plastic wrap to steam. Peel the peppers and remove the seeds. Reserve.
4. Heat the oil in a medium sauté pan over medium-high heat. Add the onion and garlic and cook until the onions are translucent, about 5 minutes. Add the onions and garlic to the pork.
5. Add the potatoes and beans to the pork and simmer until the potatoes are tender, about 10 minutes.
6. Place the roasted Anaheim peppers, the jalapeños, and chopped cilantro in a blender and purée until completely smooth. Add some of the cooking liquid from the stew to facilitate puréeing, if needed. Strain the mixture through a large-holed strainer, if desired.
7. Just before serving, add the purée to the stew, simmer for 1 to 2 minutes, and add the salt. Serve immediately, garnished with the cilantro leaves.



This is a simple preparation with lots of flavor thanks to the Moroccan-style blend of spices. If the spices aren't up your alley, you can leave them out and toss in a handful of torn basil leaves and some chopped olives instead.

CHICKEN BREAST FILLET WITH MOROCCAN TOMATO SAUCE

SERVES 4

- 1 pound boneless, skinless chicken breast
- 1 tablespoon all-purpose flour
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- Pinch ground chipotle chile powder
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 1/2 cup dry white wine
- 3/4 cup chicken broth
- 1/4 teaspoon arrowroot
- 2 large tomatoes, seeded and diced or one 14.5-ounce can diced tomatoes
- 1 1/2 tablespoons chopped cilantro
- 1 1/2 tablespoons sesame seeds, toasted

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1. Trim the chicken breast of excess fat. Pull away the tender from the underside of each breast and reserve for another use. Make a cut through the thickest part of breast to butterfly it and pound to an even thickness of about 1/4-inch. Mix the flour, cinnamon, ginger, salt, black pepper, and chipotle chile powder.
 2. Dredge the chicken in the flour mixture. Heat the olive oil in a heavy skillet over medium high heat. Sear each breast, about 2 minutes per side.
 3. Remove the chicken and set aside. Add the garlic to the pan cook until soft. Deglaze the pan with the white wine and broth.
 4. Mix the arrowroot with 1 tablespoon water to form a paste. Reduce the volume of the wine mixture by half and thicken with the arrowroot paste. Stir in the tomatoes and simmer for 10 minutes.
 5. Return the chicken to the pan and heat through. Serve with the sauce spooned over the chicken and garnish with the cilantro and sesame seeds.



This pilaf is a go-to side for any dinner, because it's filling and neutral (so it won't interfere with other strong flavors, like the Moroccan tomato sauce). You can make the barley ahead of time and then mix it with the hot couscous the night you serve it.

BARLEY AND COUSCOUS PILAF

SERVES 6

- 1 teaspoon olive oil
- 1 stalk celery, diced
- 1/2 medium yellow onion, diced
- 1 teaspoon ground cumin
- 1/2 cup pearled barley
- 2 1/2 cups chicken broth
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup Israeli couscous

1. Heat the olive oil in saucepan over medium high heat. Add the celery and onion and sweat until soft. Add the cumin and the barley and toast lightly.
2. Add 1 1/2 cups of the chicken broth, salt, and pepper and bring to a boil. Reduce the heat and simmer, covered, until barley is tender but not mushy, about 1 hour. During the last 5 minutes of cooking, bring the remaining 1 cup stock to a boil in a small saucepan and add the couscous.
3. Reduce heat and simmer the couscous, covered, until al dente, about 5 minutes.
4. Mix the barley and couscous together and serve.



This noodle salad is a great base for any number of proteins, including shredded rotisserie chicken or crispy tofu. Radishes are a nice spring veggie with plenty of crunch, leave them out and add more of the carrot and pepper.

GRILLED GARLIC SHRIMP AND RADISH SALAD

SERVES 4

- 12 shrimp (16/20 count), peeled and deveined
- 1 1/2 teaspoons minced ginger
- 1 1/2 teaspoons minced garlic
- Zest of 1 lime
- Juice of 1 lime
- 1/3 cup chopped cilantro
- 1 tablespoon vegetable oil
- 1/2 teaspoon kosher salt, plus more as needed
- 3 tablespoons lime juice
- 1 tablespoon sesame seeds

Vinaigrette

- 3 tablespoons white miso paste
- 1/3 cup mirin or dry white wine
- 1 tablespoon sesame oil
- 1 tablespoon fish sauce

Salad

- 3/4 cup julienned daikon radish
- 3/4 cup julienned French radish
- 1/2 cup julienned carrots
- 1/2 cup thinly sliced bell pepper
- 1/4 cup minced cilantro stem
- 1 cup chopped cilantro leaves
- 8 ounces soba noodles, cooked and rinsed under cold water
- 1 Thai chili, thinly sliced (optional)

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1. Soak 4 wooden skewers in water for 30 minutes.
 2. In a small bowl, toss the shrimp with the ginger, garlic, lime zest, juice, cilantro, and oil. Thread 4 shrimp onto each skewer and refrigerate until needed, at least 1 hour.
 3. To make the vinaigrette, place the miso in a small bowl. Add the mirin and whisk to break up the miso. Add the sesame oil, fish sauce (if using), salt, lime juice, and sesame seeds.
 4. For the salad, in a separate bowl, combine the radishes, carrots, pepper, cilantro, noodles, and chile. Add the vinaigrette (reserve about 1 tablespoon in a separate bowl) and toss until coated.
 5. Preheat the grill to medium high heat.
 6. Grill the shrimp skewers until the shrimp are cooked through and browned, about 3 minutes per side. Brush with the reserved vinaigrette and serve immediately over the salad.



We added asparagus to our favorite yakitori recipe to make it a meal, but you can eat these grilled skewers with whatever you like. The chicken livers are sort of the best part of this recipe, but if you're squeamish, you can just load up on chicken thighs. If you can't find the sansho pepper or Japanese seven-spice, you can omit them.

Remember to soak the chickpeas for tomorrow's pasta!

CHICKEN YAKITORI WITH GRILLED ASPARAGUS

SERVES 8

- 8 (8-inch) bamboo skewers
 - 1 lb chicken livers, cut into 3/4-in pieces
 - 2 lb boneless, skinless chicken thighs, cut into 3/4-in pieces
 - 8 green onions, cut into 3/4-in pieces
 - 2 lb asparagus, trimmed
- Sauce
- 3/4 cup sake
 - 1 cup mirin
 - 1/4 cup sugar
 - 2 tablespoons dark soy sauce
 - 1/2 cup light soy sauce, not low-sodium
 - Ground sansho pepper, as needed
 - Japanese seven-spice (shichimi togarashi), as needed

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1. Soak the bamboo skewers for at least 15 minutes.
 2. Skewer the chicken livers, chicken thighs, and green onions alternately onto the skewers.
 3. For the sauce, combine the sake, mirin, sugar, soy sauces, sansho, and seven-spice and allow it to simmer until it has reduced by a one-quarter, 5 to 10 minutes.
 4. Prepare a grill for high-heat cooking. Grill the skewers and asparagus, turning occasionally, until both are cooked through and lightly charred, about 5 minutes.
 5. During the last minute on the grill, brush the yakitori sauce onto the skewers and allow to caramelize slightly.
 7. Remove from the grill, and sprinkle with sansho pepper and Japanese seven-spice.



If you're wondering if you can cut the cooking time on this recipe by 3/4s using canned chickpeas, the answer is yes. You'll need two 28 oz cans, drained, to add during Step 4.

PASTA E CECI

SERVES 4 to 6

- 1 lb dried chickpeas (about 2 1/2 cups)
- 1/2 cup extra-virgin olive oil, plus more for drizzling
- 1 medium yellow onion, finely chopped
- 1 celery stalk, finely chopped
- 2 garlic cloves, chopped
- 1 rosemary sprig, leaves picked and chopped
- 3 cups chicken or vegetable broth, or as needed
- 3/4 cup broken pappardelle (or any short dried pasta)
- Kosher salt, to taste
- Freshly ground black pepper, as needed
- Crushed hot red pepper, as needed
- Chopped basil (optional)
- Chopped flat-leaf parsley (optional)

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1. The day before making the soup, sort and rinse the chickpeas and soak in cold water to cover for at least 12 and up to 24 hours.
 2. Drain the chickpeas and put them in a pot. Add enough cold water to cover them by at least 2 inches. Bring the water to a boil over high heat. Decrease the heat to low and continue to simmer the chickpeas until they are tender, at least 45 minutes, or longer depending upon how old the chickpeas are. Drain the chickpeas in a colander and reserve.
 3. Heat a soup pot over medium heat. Add the olive oil, onion, celery, garlic, and rosemary. Stir to coat the vegetables in the oil. Cover the pot and cook over low heat until the vegetables are tender and have started to release some of their juices, about 10 minutes.
 4. Add the reserved chickpeas to the soup pot, along with the broth. Stir well and cook over low heat until the chickpeas are very tender, 30 to 40 minutes.
 5. Transfer half of the soup to a large bowl. Use an immersion blender to puree the soup left in the pot. Return the unpureed soup to the pot, and add the pasta. Continue to simmer the soup until the pasta is cooked and tender, 10 to 12 minutes depending upon the shape of the pasta you use. Add salt, black pepper, and hot red pepper to taste. (The soup is ready to finish and serve now, or you may cool and store the soup in the refrigerator for up to 3 days or in the freezer for up to 2 months.)
 6. Serve the soup in heated soup plates or bowls, topped with basil and parsley, if desired, and a drizzle of olive oil.