



# WELCOME!

It's time for corn, figs, and tomatoes, and we don't plan to miss one bite of either this week!

Halibut is a nice option for Monday's quick and easy recipe, but get whatever looks nicest at your market, including salmon, tilapia, or even shrimp.

## PREP AHEAD

*To make your week easier, check through this prep list on Sunday to get ahead of the game.*

1. Prep your veggies for Monday.
2. Make the fig preserves for Tuesday's flat bread. Keep it in the fridge in the meantime.
3. Make the tomato sauce for Wednesday's eggs.



**MONDAY**  
Halibut with Corn  
and Fava Beans



**TUESDAY**  
Flat Bread  
with Fig Preserves



**WEDNESDAY**  
Eggs in Purgatory



**THURSDAY**  
Tomato and Escarole Soup



**FRIDAY**  
Chicken Thighs  
with Green Olives



**DISH**  
EAT. DRINK. DISCOVER.



## Halibut with CORN AND FAVA BEANS

If you can't find fresh fava beans (their season has basically passed), you can use frozen, or substitute fresh sugar snap peas.

### INGREDIENTS:

#### Halibut

- 4 halibut fillets (about 6 oz each)
  - Salt, as needed
- Freshly ground black pepper, as needed
  - 1/4 cup olive oil
  - 1 tarragon sprig
- Zest and juice of 1 lemon

#### Corn and Fava Beans

- 3 tbsp olive oil
- 3 shallots, finely chopped
- 2 tbsp finely chopped pancetta
- 3 ears corn, kernels cut off the cob
  - 1 lb fava beans, shelled, blanched, and peeled
    - Salt, to taste
- Freshly ground black pepper, to taste
  - 1 cup vegetable broth
- 1 tbsp finely chopped chives

1. Preheat the oven to 350°F. Rinse the halibut under cold running water and pat dry with paper towels. Season with salt and pepper.

2. Heat the oil in a large, oven-safe sauté pan over high heat. Add the fish fillets to the pan, cut side down, and sauté until lightly browned, about 5 minutes.

3. Turn each fillet over and add the tarragon, lemon zest, and lemon juice to the pan. Transfer to the oven and cook until the fish flakes when prodded with a fork, about 5 minutes. Transfer the fish to a platter and keep warm.

4. Return the pan to the stovetop over medium-high heat and add the olive oil. Add the shallots and pancetta and sauté until the shallots are aromatic and the pancetta and shallots are slightly golden, about 3 minutes.

5. Add the corn and sauté for about 3 minutes until warmed through. Add the fava beans and season with salt and pepper. Transfer to the platter with the fish.

6. Over medium-high heat, add the broth and to the pan and deglaze, using a wooden spoon to scrape the caramelized bits off the bottom of the pan. Allow the broth to simmer until reduced by half. Pour the sauce over the fish and vegetables and serve. Garnish with the chives.

SERVES 4



**DISH**  
EAT. DRINK. DISCOVER.



## Flatbread with FIG PRESERVES

**This recipe leaves lots of room for convenience, if you need it. Use prepared fig preserves or (/and!) pizza dough to make this ultra quick. Add prosciutto to the flatbreads, if you like. Since it is fig season, feel free to use fresh figs in the preserves. You'll just need to cook them a bit longer.**

### INGREDIENTS:

For the Preserves

- 1 tbsp extra-virgin olive oil
- 1 tbsp chopped shallot
- 1 cup chopped dried figs
- 1 tbsp chopped fresh rosemary
  - 1/2 cup Marsala wine
- 1/2 cup water, or as needed

For the Dough

- 3 cups all-purpose flour
  - 1 cup water
- 1 tsp kosher salt or sea salt
- 2 tbsp extra-virgin olive oil, plus more for oiling the pan

- 1 cup soft goat cheese
- 1 cup loosely packed baby arugula leaves
- 1 tbsp white truffle oil
- Fresh figs, quartered

1. To prepare the preserves: warm the olive oil in a saucepan. Add the shallot and cook it over low heat until softened, about 2 minutes. Stir in the figs, rosemary, Marsala, and water. Simmer until the figs are very soft, about 20 minutes. Allow the mixture to cool slightly and transfer to a food processor. Process until it has the consistency of marmalade. Set aside.

2. For the dough: in a food processor, mix the flour with the water, salt, and olive oil until a stiff dough forms, about 5 minutes on medium speed. The dough should be firm, smooth, and elastic.

3. Divide the dough into six 4-ounce balls, set them on a lightly floured work surface about 2 inches apart, cover with a clean towel, and let rest for at least 30 minutes. Flour a work surface. Working with one ball of dough at a time, use the palm of your hand to flatten the dough. Use a rolling pin to roll it out as thin as possible (thinner than pizza). Sprinkle the dough with flour and set it aside. Roll out the remaining dough.

(continued on the next page)

SERVES 4



**DISH**  
EAT. DRINK. DISCOVER.



## Flatbread with FIG PRESERVES, CONT.

4. Place a pizza stone in the cold oven (alternatively, oil a sheet pan and set it aside.) Preheat the oven to 450°F.
5. Place a piece of dough on the stone or baking sheet, and bake until the dough no longer sticks to the surface, about 2 minutes. (It is not fully baked at this point.) Remove and set aside. Repeat with the additional pieces of dough.
6. When you are ready to serve, spread some of the preserve on top of the partially cooked dough, and top with some of the goat cheese. Place in a 450°F oven and bake until the cheese starts melting and the bottom of the flatbread is crispy, 1 to 2 minutes.
7. Top the flatbreads with arugula, truffle oil, and figs before serving.



**DISH**  
EAT. DRINK. DISCOVER.



## EGGS IN PURGATORY

**If you like spice, add some crushed red pepper flakes or minced Calabrian chiles to the sauce. The sauce can be made ahead of time, but be sure it is very hot before adding the eggs to ensure they cook evenly.**

### INGREDIENTS:

- 2 lb ripe plum tomatoes
- 2 tbsp extra-virgin olive oil
  - 2 garlic cloves, peeled and thinly sliced
  - 1 tbsp chopped parsley
- 8 basil leaves, fresh, torn in pieces
  - Kosher salt, as needed
- Freshly ground black pepper, as needed
  - 8 large eggs
- 8 slices grilled or toasted bread

1. Blanch the tomatoes in boiling water for 30 seconds, shock them in cold water, then peel the skin. Cut the tomatoes in half, remove most of the seeds, and then cut them in large dice; set aside.

2. Heat the oil in a sauté pan or saucepan that has a cover over medium heat with the garlic. Just before the garlic starts to take on any color, about 1 minute, add the tomatoes, parsley, and basil. Season with salt and pepper, bring to a simmer over low heat, and let cook for 10 minutes, until tomatoes become “saucy,” but are still a little chunky.

3. Break the eggs, one at the time, into a cup or dish and then gently slide them, one at the time and without breaking the yolks, on top of tomato sauce. Try to keep them separated.

4. Cover the pan and let cook gently for 3 to 4 minutes, until the eggs are done, but still soft. Immediately serve them on a large round plate with the tomato sauce. Serve the grilled or toasted bread on the side.

SERVES 4



**DISH**  
EAT. DRINK. DISCOVER.



## Tomato and ESCAROLE SOUP

To give this soup extra richness, we used canned “fire-roasted tomatoes.” If you can find them in your market, give them a try. Or, try roasting your own fresh tomatoes to deepen their flavor.

### INGREDIENTS:

- 3 tbsp extra-virgin olive oil
- 1 1/4 cups large-dice onions
  - 1 tbsp minced shallots
  - 1 tsp minced garlic
- 6 cups coarsely chopped escarole, stemmed and washed
- 2 cups chicken or vegetable broth
- 1 1/2 cups chopped fire-roasted tomatoes (peeled and seeded)
  - 1/2 cup tomato sauce
- Salt and pepper as needed
- Crusty bread, for serving

1. Heat the oil in a soup pot over medium-high heat. Add the onions, shallots, and garlic and stir to coat with the oil. Sauté, stirring frequently, until the onions are softened and translucent, about 5 minutes.

2. Add the escarole and cook, stirring frequently, until it wilts, about 5 minutes. Add the broth, chopped tomatoes, and tomato sauce. Bring the soup to a boil, skimming the surface to remove any foam, and then reduce the heat to low and simmer until the escarole is very tender and all of the ingredients are very hot, about 10 minutes. Season to taste with salt and pepper. Serve in heated bowls or cups.

SERVES 4



**DISH**  
EAT. DRINK. DISCOVER.



## Chicken Thighs with GREEN OLIVES

**You can use drumsticks or boneless thighs for this dish, if you like, but breasts aren't ideal (they are likely to dry out with this cooking method). We like serving the saucy dish with pita, but you can serve it over rice, grains, or couscous to soak up the sauce, if you prefer.**

### INGREDIENTS:

- 4 bone-in thighs
- Salt, as needed
- Ground black pepper, as needed
- 1 tbsp extra-virgin olive oil
  - 1 cup diced onions
  - 1 tbsp minced garlic
- 1/2 tsp ground ginger
- 1/2 tsp ground cumin
  - 1 1/2 tsp paprika
  - Pinch saffron
- 1 1/2 cups chicken stock
  - 8 oz green olives, pitted and cracked
- 1/4 cup chopped flat-leaf parsley
- 1/4 cup coarsely chopped cilantro
  - 1 tbsp lemon juice
- Pita bread, for serving

1. Season the chicken with salt and pepper. In a large saucepan over medium heat, sear the chicken in the olive oil until well browned, 5 to 8 minutes. Remove the chicken from the pan and set aside.
2. In the pan drippings, cook the onions over moderate heat until very tender, about 10 minutes. Add the garlic, ginger, cumin, paprika, and saffron. Cook over low heat for 1 minute, until fragrant.
3. Return the chicken pieces to the pot and add chicken stock to submerge by about 1 inch. Add the olives and adjust seasoning as needed. Simmer until the chicken is tender, 30 to 45 minutes.
4. Once the chicken is tender, add the parsley and cilantro, and adjust seasoning with the lemon juice and salt.
5. Serve with pita bread on the side.

SERVES 4

# DINNER SHOPPING LIST

## PROTEIN

- 4 halibut fillets  
(6 oz each)
- 4 bone-in chicken thighs
- 2 tbsp chopped pancetta

## DAIRY

- 1 cup soft goat cheese
- 8 large eggs

## PANTRY

- 1 1/4 cups olive oil
- 1 tbsp white truffle oil
- 1 cup vegetable broth
- 3 1/2 cups chicken broth
- 1 1/2 cups chopped  
fire-roasted tomatoes
- 1/2 cup tomato sauce
- 1 cup dried figs
- 8 oz green olives
- 1/2 cup Marsala wine
- 1 1/2 cups  
all-purpose flour
- 2 loaves crusty bread
- 1 package pita bread
- 1/2 tsp ground ginger
- 1/2 tsp ground cumin
- 1 1/2 tsp paprika
- Pinch saffron
- Kosher salt
- Black pepper

## PRODUCE

- 3 yellow onions
- 1 head garlic
- 5 shallots
- 3 ears corn
- 1 lb fava beans
- 2 lb plum tomatoes
- 3 lemons
- 1 cup arugula leaves
- 1 large head escarole
- 6 fresh figs
- 1 bunch tarragon
- 1 bunch chives
- 1 bunch rosemary
- 1 bunch parsley
- 1 bunch basil
- 1 bunch cilantro

