



# WELCOME!

The CIA has three campuses: the Hudson Valley of New York, Napa Valley, and San Antonio, Texas. So the community is spread out, all experiencing different weather.

Our pals in San Antonio are finally having their first cold snap, so we're rushing right in with the season's first roasted chicken! In fact, we're looking at lots of nice, cold weather recipes to get you through this early fall week.

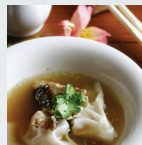
## PREP AHEAD

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

1. Make Monday's chimichurri sauce.
2. Make the wontons for Tuesday's soup (and the broth, if making it from scratch!)



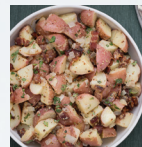
**MONDAY**  
Roasted Chicken with Chimichurri Sauce



**TUESDAY**  
Wonton Soup



**WEDNESDAY**  
Tempeh Taco Salad



**THURSDAY**  
Bratwurst with German Potato Salad



**FRIDAY**  
Pasta e Ceci





## Roasted Chicken WITH CHIMICHURRI

**For an even quicker cook time, butterfly your chicken (also known as spatchcocking) by cutting the backbone out with a pair of strong kitchen shears. Or ask your butcher!**

### INGREDIENTS:

- 1 small yellow onion, sliced
- 4 carrots, sliced on a bias
- 3 parsnips, sliced on a bias
- 3/4 lb fingerling potatoes, halved lengthwise
  - 1/4 cup vegetable oil
- One 3- to 3 1/2-lb roasting chicken
  - Kosher salt, as needed
- Ground black pepper, as needed
  - 2 sprigs thyme
  - 2 sprigs rosemary
- 1 cup roughly chopped flat-leaf parsley leaves (about 1 bunch)
- 1 cup roughly chopped cilantro leaves (about 1 bunch)
- 1/2 cup extra-virgin olive oil
  - 1/4 cup red wine vinegar
    - 1 tsp kosher salt
    - 1/4 tsp black pepper
  - 1/8 tsp red pepper flakes
  - 2 large garlic cloves

1. Preheat the oven to 400°F.

2. Spread the carrots, parsnips, and potatoes in the bottom of a roasting pan. Drizzle with about 2 tbsp of the oil and season with salt and pepper.

3. Season the chicken with salt and pepper and place the thyme and rosemary in the cavity. Rub the skin with the remaining oil and truss the chicken. Place the chicken, breast side up, in the roasting pan over the vegetables. Roast, basting the chicken occasionally with the oil or butter, if using, or the juices that accumulate in the bottom of the pan, until an instant-read thermometer inserted in the thickest part of the thigh registers 170°F, about 1 hour and 15 minutes.

4. Meanwhile, for the chimichurri, combine the parsley and cilantro in the bowl of a food processor and pulse a few times to finely chop the herbs. Add the olive oil, vinegar, salt, black pepper, and red pepper flakes and pulse until the mixture is well combined. Add the garlic and pulse quickly to combine.

5. Transfer the sauce to a bowl and set aside for 30 minutes to allow the flavors to blend.

6. Remove the chicken from the roasting pan and let the chicken rest for 15 minutes before carving. Return the pan to the oven to continue browning the vegetables, if you like.

7. Serve the chicken with vegetables and chimichurri.

SERVES 4



## WONTON SOUP

**We will never tell you that you have to make your own chicken broth, but it is the difference between a good soup and a truly excellent soup. It's a great project for the weekend before. Make a big batch and freeze some for next time!**

### INGREDIENTS:

- 3 oz ground pork
  - 1/2 cup finely chopped Napa cabbage
  - 2 tbsp chicken broth
  - 1 tbsp finely chopped scallion greens
  - 1/2 tsp minced fresh ginger
    - 3/4 tsp soy sauce
    - 3/4 tsp sesame oil
    - Pinch salt
  - Pinch ground black pepper
  - 1 package wonton wrappers
    - 1 egg, beaten
- 2 tsp vegetable oil  
1 tsp minced scallion greens  
1/2 tsp minced fresh ginger  
5 cups chicken broth  
1 1/2 tsp soy sauce  
Salt as needed  
Ground black pepper as needed

1. Make the wontons: Combine the pork, cabbage, broth, scallion, ginger, soy sauce, sesame oil, salt, and pepper. Mix well. Place 1/2 teaspoon of the mixture in the center of a wonton wrapper. Brush the edges of the wrapper with beaten egg and fold into a triangle. Twist and press two triangle points together to form a wonton. Repeat with the remaining filling and wrappers to make about 32 wontons.

2. Bring a large pot of water to a boil. Cook the wontons in the boiling water until they float, about 2 minutes. Drain and rinse under cool water. Transfer to a bowl, cover, and set aside.

3. Make the soup: Heat 1 teaspoon of the oil in a large wok or a soup pot over medium- high heat. Add the scallion and ginger and stir-fry for 30 seconds. Add the broth and bring to a simmer. Add the soy sauce and the salt and pepper to taste.

4. Distribute the wontons evenly between heated bowls (there should be at least 4 per bowl). Ladle the soup over the wontons and serve.

SERVES 4 TO 6



**DISH**  
EAT. DRINK. DISCOVER.



## TEMPEH TACO SALAD

For the taco seasoning, [make your own](#) or look for a salt-free version in the spice department (not by the taco kits, which are usually full of sodium and preservatives).

### INGREDIENTS:

- 3 (6-inch) diameter corn tortillas, cut into 1/8-inch strips
  - 1 lime, cut in half
- 1 tbsp plus 2 tsp vegetable oil
- 2 3/4 tbsp dry taco seasoning
  - 1 (8-oz) package tempeh, cut into 1/4-inch dice
  - 1 bell pepper, chopped
  - 1/2 onion, chopped
  - 1 small jalapeño, minced
  - 1 garlic clove, minced
- 1 (14.5-oz) can diced tomatoes
  - 1/2 cup water
  - 1 tbsp tomato paste
  - 2 tsp brown sugar
  - 1/2 tsp kosher salt
- 1 1/2 cups cilantro leaves, chopped
  - 6 cups mixed greens
- 3 oz sharp Cheddar, shredded

1. Preheat the oven to 350°F. Bake the tortilla strips until lightly brown and crispy, about 25 minutes. Set aside.

2. Juice half the lime. Whisk in 1 tablespoon of the canola oil and 1/4 teaspoon of the taco seasoning. Set aside.

3. Heat the 2 teaspoons remaining canola oil in a skillet. Add the tempeh and cook until browned. Add the green and red peppers and onion and sweat until the vegetables begin to soften. Add the jalapeño, garlic, and the remaining taco seasoning and continue to sweat until the vegetables are soft. Splash in some of the liquid from the canned tomatoes if ingredients are starting to stick to the bottom of the pan.

4. Once the vegetables are completely soft, add the tomatoes, the water, tomato paste, brown sugar, and salt. Simmer, allowing the flavors to blend, 15 to 20 minutes. Stir in 1 cup of the cilantro. Toss the mixed greens with the reserved dressing and top with tempeh mixture, toasted tortilla strips, shredded cheese, and the remaining cilantro.

SERVES 6



**DISH**  
EAT. DRINK. DISCOVER.



## Bratwurst with GERMAN POTATO SALAD

**Brats are a classic pairing with a warm German potato salad, but you can substitute kielbasa, bone-in chicken thighs, or even pork chops, if you like.**

### INGREDIENTS:

- 1 1/2 lb red bliss potatoes
  - 1/4 lb bacon, minced
- 1/2 large yellow onion, minced
  - 2 tbsp red wine vinegar
- 2 tbsp vegetable oil, divided
  - 1 1/2 tbsp Dijon mustard
- 1 1/2 tsp whole grain mustard
  - 1/2 cup chicken broth
  - 1/2 tsp kosher salt, plus more as needed
- 1/4 tsp freshly ground black pepper, plus more as needed
  - 1 1/2 tsp chopped chives
- 2 tsp chopped flat-leaf parsley
  - 6 bratwursts
  - 1 cup beer

1. Put the potatoes in a large pot. Cover them with cool salted water and bring the mixture to a simmer over medium heat. Cook until the potatoes are tender, 18 to 20 minutes.

2. Meanwhile, in a medium sauté pan, cook the bacon over medium heat until golden brown, 10 to 15 minutes. Remove the bacon from the pan, leaving the fat. Cook the onions in the fat until tender, 5 to 7 minutes. Transfer the onions to a large bowl. Add the bacon, vinegar, 1 tbsp of the oil, mustards, and chicken broth, and set aside.

3. Drain the potatoes and peel them while they are still warm. Slice the potatoes about 1/2-inch thick. Transfer to the bowl with the bacon mixture and toss gently to coat. Season with salt and pepper. Add the chives and parsley and toss to combine.

4. Heat the remaining 1 tbsp oil in a skillet over medium heat. Add the bratwursts and cook, turning occasionally, until browned all over, about 8 minutes. Add the beer, bring to a simmer, and cover. Cook until the bratwursts are cooked through, about 5 more minutes. Remove the lid and cook until the beer has reduced, about 2 minutes more.

5. Serve the bratwursts with the potato salad.

SERVES 6



**DISH**  
EAT. DRINK. DISCOVER.



## PASTA E CECI

**For the chickpeas, use canned (you'll need a little more than one 15 oz can) or cook them from dry (1 lb dry). We call for parsley to garnish, but you can use minced basil or even mint for a change of pace.**

### INGREDIENTS:

- 1/2 cup extra-virgin olive oil, plus more for drizzling
- 1 yellow onion, finely chopped
- 1 celery stalk, finely chopped
  - 2 garlic cloves, chopped
  - 1 rosemary sprig, leaves picked and chopped
- 2 1/2 cups cooked chickpeas
  - 3 cups chicken broth
- 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 flat-leaf parsley, for garnish

1. 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.

2. Add the 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.

3. 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.

4. Serve the soup in heated soup plates or bowls, topped with parsley and a drizzle of olive oil.

SERVES 4 TO 6

# DINNER SHOPPING LIST

## PROTEIN

- 1 (3 to 3 1/2 lb) roasting chicken
- 3 oz ground pork
- 1 (8 oz) package tempeh
- 1/4 lb bacon
- 6 bratwursts

## DAIRY

- 1 egg
- 3 oz sharp Cheddar

## PANTRY

- 1 1/4 cups olive oil
- 3/4 cup vegetable oil
- 3/4 tsp sesame oil
- 2 tbsp soy sauce
- 1 1/2 tbsp Dijon mustard
- 1 1/2 tsp whole grain mustard
- 9 cups chicken broth
- 1 cup beer
- 2 (15 oz) can chickpeas
- 1 (14.5 oz) can diced tomatoes
- 1 tbsp tomato paste
- 1 lb pappardelle pasta
- 1 package wonton wrappers
- 3 (6-in) corn tortillas
- 1/2 cup red wine vinegar
- 2 tsp brown sugar
- 1/2 tsp red pepper flakes
- 3 tbsp taco seasoning
- Kosher salt
- Black pepper

## PRODUCE

- 3 yellow onions
- 1 head garlic
- 4 carrots
- 1 celery stalk
- 3 parsnips
- 1 bell pepper (any color)
- 1 jalapeño
- 3/4 lb fingerling potatoes
- 1 1/2 lb red bliss potatoes
- 1/2 head Napa cabbage
- 1 bunch scallions
- 1 (2-in) piece ginger
- 1 lime
- 6 cups mixed greens
- 1 bunch chives
- 1 bunch thyme
- 1 bunch rosemary
- 1 bunch parsley
- 2 bunches cilantro

