



WELCOME!

The holidays are here, and we are excited for cookies and champagne, but especially latkes! Make this potato and parsnip version to celebrate Hanukkah.

You may have another dinner planned for Wednesday, but we'll be making this seafood risotto that is simple enough to prepare on a busy day, but special enough for the holiday. It's also perfect as a course for a Seven Fishes meal!

PREP AHEAD

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

1. Prep the veggies for Tuesday's rice.
2. Make the cooked mixture for Friday's turkey burgers, then add it to the other ingredients.



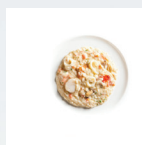
MONDAY

Parsnip and Potato Latkes



TUESDAY

Easy Chicken Fried Rice



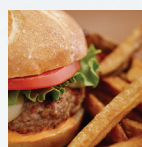
WEDNESDAY

Risotto with Seafood



THURSDAY

Thai Hot and Sour Soup



FRIDAY

Turkey Burgers with Chips



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PARSNIP AND POTATO LATKES

While you can make these latkes potatoes-only, we like the little bit of added sweetness and earthiness from the parsnips. We served ours with rhubarb jam, but you can use any jam or the traditional apple sauce, if you like.

INGREDIENTS:

- 1 lb parsnips, peeled and finely grated
- 1 lb Yukon Gold potatoes, peeled and finely grated
- 1 medium yellow onion, finely grated
 - 1 1/2 tsp kosher salt
- 2 cloves garlic, finely grated
- 1 tsp ground black pepper
 - 6 tbsp tapioca starch
- Vegetable oil or schmaltz (or a combination), as needed for frying
- Rhubarb or other tart jam, as needed for serving
- Sour cream, as needed for serving
 - Caviar, as needed, for serving (optional)

1. In a medium bowl, combine the parsnips, potatoes, onion and salt. Let rest for about 5 minutes. Squeeze the mixture by the handful over the sink (or in a fine-mesh sieve) to remove any excess liquid. Add the garlic, pepper and tapioca starch, and stir to coat.
2. Form the parsnip mixture into thin patties, about 1/4 cup per latke, squeezing out any additional moisture as you go. Transfer to a parchment-lined baking sheet when done.
3. Heat about 1/4 inch of vegetable oil in a large skillet over medium heat. Transfer the latkes to the pan, working in batches as needed, and fry until golden brown on both sides, about 3 minutes per side. Transfer to a towel-lined tray or rack set over a baking sheet to drain before serving.
4. Serve with rhubarb jam, sour cream and caviar, if desired.

SERVES 4 TO 6



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EASY CHICKEN FRIED RICE

Swap the chicken for shrimp or tofu, or leave it out entirely. If you don't have leftover rice, this is a great time to use those bags of frozen rice you can buy at most grocery stores.

INGREDIENTS:

- One (1-inch) piece ginger, peeled and grated
- 2 cloves garlic, grated
 - 1 tbsp rice vinegar
 - 1 tbsp soy sauce
 - 1 tbsp sesame oil
 - 1/2 tsp sugar
- 1 tbsp vegetable oil
- 3 boneless, skinless chicken thighs, cut into bite-size pieces
 - Kosher salt, to taste
- Ground black pepper, to taste
 - 1 large carrot, diced
- 1/2 medium onion, diced
 - 2 eggs, beaten
- 3 cups cooked brown rice, preferably day-old
- 1/2 cup shelled edamame (fresh or frozen)
- 2 scallions, sliced into 1/2-inch pieces, plus more for garnish

1. In a small bowl, combine the ginger, garlic, vinegar, soy sauce, sesame oil, and sugar. Set aside.

2. Heat the vegetable oil in a large well-seasoned cast-iron skillet or non-stick sauté pan over medium-high heat. Add the chicken, season with salt and pepper, and cook, turning occasionally, until well-browned and cooked through, about 7 minutes. Transfer to a bowl and set aside.

3. To the same pan, add the carrot and onion, and cook until soft and browned around the edges. The carrot should be just about cooked through, about 4 minutes. Transfer to the bowl with the chicken.

4. Reduce the heat to medium-low and add the eggs and a pinch of salt. Cook without stirring until the eggs begin to set on the bottom, about 15 seconds. Stir and continue cooking until large curds form, about 30 more seconds.

5. Add the rice and reserved soy sauce mixture and stir to coat. Increase the heat to medium-high and cook without stirring until the rice begins to brown at the bottom of the pan, about 1 minute. Stir and cook again, without stirring. Continue this until the rice is nicely browned, about 4 minutes total.

6. Add the cooked chicken and vegetables, along with the edamame and scallions. Cook about 3 minutes more until the scallions are slightly wilted. Top with more sliced scallions to serve.

SERVES 4 TO 6



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SEAFOOD RISOTTO

If you have the flexibility in your schedule, it's ideal to pick the seafood up the day you prepare it (or the day before, at the most). Get whichever varieties look best, even if it's just one type.

INGREDIENTS:

- 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 tbsp grated Parmigiano-Reggiano
 - 1 tbsp brandy (optional)
 - Kosher salt, as needed
- Ground black pepper, as needed

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.

SERVES 6



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THAI HOT AND SOUR SOUP

Look for pickled Thai chiles at your local Asian market. If you can't find it, you can omit it entirely. To "smash" lemongrass, lightly crush the stalks with the back of a knife or the bottom of a heavy saucepan.

INGREDIENTS:

- 4 oz shrimp (41/50), peeled, deveined, and butterflied
- 2 oz thin rice noodles
- 2 qt chicken broth or fish stock
- 1 lemongrass stalk, cut into 2-inch pieces, smashed
 - 1/4 cup fish sauce
 - 2 tbsp chile oil
- 1 tbsp fresh lemon juice
 - 2 tsp lime zest
- 1 tbsp fresh lime juice
 - 1/2 pickled Thai chile
- 1/3 cup rinsed and drained canned straw mushrooms
 - Salt, as needed
- Ground black pepper, as needed
 - 1/4 cup chopped cilantro

1. Bring a pot of water to a boil. Add the shrimp and boil until cooked through, about 3 minutes. Using a slotted spoon, transfer the shrimp to a colander, and reserve the boiling water. Rinse the shrimp under cold running water to stop the cooking, drain, and reserve.
2. In the same pot of boiling water, cook the noodles until tender, 2 to 3 minutes. Drain, rinse under cold running water, drain, and reserve.
3. In a soup pot, combine the chicken broth or fish stock with the lemongrass, fish sauce, chile oil, lemon juice, lime zest, lime juice, pickled chile, and mushrooms. Bring the broth to a simmer over medium to medium-high heat and simmer for 10 minutes. Using tongs, remove the lemongrass. Season with salt and pepper.
4. To serve, place a few shrimp and some of the noodles in each bowl. Ladle the soup over the noodles and garnish with the cilantro.

SERVES 6 TO 8



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TURKEY BURGERS

These turkey burgers are simple, but you can dress them up with seared mushrooms, blue cheese, caramelized onions, barbecue sauce, truffle oil.. you get the point!

INGREDIENTS:

- 1 tbsp olive oil
- 1 large shallot, minced
- 1 clove garlic, minced
- 1 tbsp chopped flat-leaf parsley
 - 2 tsp salt
- 1 tsp ground black pepper
 - 2 lb ground turkey
- 1 cup panko breadcrumbs
 - 1 tbsp chopped chives
 - 1 tbsp chopped basil
- 1 tbsp chopped rosemary
- 6 slices provolone cheese
 - 6 Kaiser rolls
 - 6 leaves lettuce
 - 6 slices tomato
 - 6 slices red onion
- Potato chips, for serving

1. Heat the oil in a large sauté pan over medium-high heat. When the pan is hot, add the shallots and garlic and sauté until translucent, about 2 minutes. Remove from heat and add the parsley, 1 tsp of the salt, and 1/2 tsp of the pepper. Allow to cool to room temperature.

2. Gently mix together the turkey, breadcrumbs, herbs, cooked shallot mixture, and the remaining salt and pepper until completely blended. Form 6 patties. Chill in the refrigerator for 30 minutes.

3. Preheat a gas grill to medium. Alternately, heat a grill pan or cast iron skillet over medium heat.

4. Grill the turkey burgers until cooked through, about 6 minutes per side. About 2 minutes after you turn the burgers, top them with a slice of cheese. Cover the grill so the cheese will melt.

5. Top the buns with the burgers. Garnish the turkey with the lettuce, tomato, and red onion. Serve with potato chips.

SERVES 6



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DINNER SHOPPING LIST

PROTEIN

- ☐ 3 boneless, skinless chicken thighs
- ☐ 2 lb ground turkey
- ☐ 2 lb mixed seafood (mussels, shrimp, scallops)
- ☐ 4 oz (41/50) shrimp
- ☐ Caviar (optional)

DAIRY

- ☐ 1 cup sour cream
- ☐ 1 stick unsalted butter
- ☐ 6 slices provolone cheese
- ☐ 2 tbsp grated Parmigiano-Reggiano
- ☐ 2 eggs

PANTRY

- ☐ 2 cups vegetable oil
- ☐ 1 tbsp olive oil
- ☐ 1 tbsp sesame oil
- ☐ 1 tbsp rice vinegar
- ☐ 1 tbsp soy sauce
- ☐ 2 tbsp chile oil
- ☐ 1 pickled Thai chile
- ☐ 1/4 cup fish sauce
- ☐ 1 can straw mushrooms
- ☐ 6 Kaiser rolls
- ☐ Potato chips
- ☐ 1 cup panko breadcrumbs
- ☐ 1 lb Carnaroli rice
- ☐ 2 oz thin rice noodles
- ☐ 2 quarts shellfish or fish broth
- ☐ 2 quarts chicken or fish broth
- ☐ Rhubarb jam
- ☐ 1/2 tsp sugar
- ☐ 6 tbsp tapioca starch
- ☐ 3 cups cooked brown rice
- ☐ Kosher salt
- ☐ Black pepper

PRODUCE

- ☐ 3 yellow onions
- ☐ 1 red onion
- ☐ 1 large shallot
- ☐ 1 large carrot
- ☐ 5 cloves garlic
- ☐ 1 (1-in) piece ginger
- ☐ 1 beefsteak tomato
- ☐ 1 lb parsnips
- ☐ 1 lb Yukon gold potatoes
- ☐ 1/2 cup shelled edamame (fresh or frozen)
- ☐ 1 bunch scallions
- ☐ 1 stalk lemongrass
- ☐ 1 bunch green leaf lettuce
- ☐ 1 bunch parsley
- ☐ 1 bunch chives
- ☐ 1 bunch basil
- ☐ 1 bunch rosemary
- ☐ 2 lemons
- ☐ 2 limes



CIA BOOTCAMPS



Grilling and BBQ Boot Camp (TX)

May 7-8, 2020

Learn to grill the perfect steak, hot smoke, barbecue (low & slow cooking), and smoke-roast everything from seafood to meat to veggies.



Asian Cuisines Boot Camp (NY)

May 18-22, 2020

With each day you'll experience the cuisines of Asian countries and regions- from India- to China, Japan, and Korea, and Thailand and Vietnam.



Techniques of Healthy Cooking (CA)

June 2-5, 2020

You will discover ways to apply sound nutritional principles to the foods you prepare and plan a menu that emphasizes nutrition.



South American Cuisine Boot Camp (CA)

July 23-26, 2020

Embark on an extensive cultural adventure to South America! Come explore the unique flavors and rich culinary history of South American cuisine.



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