



WELCOME!

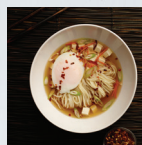
It's cold and flu season, so we're eating veggie-heavy this week to try and load up on vitamins and feel-good nutrients.

Make a double batch of Monday's soup for lunch-time fuel, if you like. It will hold all week and soothe aching bones and sore throats.

PREP AHEAD

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

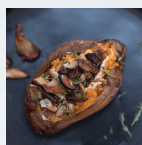
1. Make Monday's soup all the way through.
2. Make Tuesday's tagine all the way through. Braises just get better with age.
3. Caramelize the onions for Wednesday's stuffed sweet potatoes.



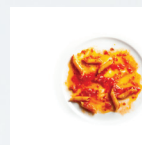
MONDAY
Asian Noodle Soup



TUESDAY
Chicken Tagine



WEDNESDAY
Baked Sweet Potatoes
with Caramelized Onions



THURSDAY
Pennette all'Arrabbiata



FRIDAY
Moo Shu Vegetables



DISH
EAT. DRINK. DISCOVER.



ASIAN NOODLE SOUP

Don't stress about poaching the eggs. It's easy, and they don't have to be beautiful. If you're really uneasy about it, you can incorporate the eggs like egg-drop soup: beat them in a bowl, then stream them into simmering broth while using a fork to whisk.

INGREDIENTS:

- 1 lb dry or fresh ramen noodles
 - 2 quarts water
 - 1/3 cup white vinegar
 - 4 eggs
- 1 1/2 quarts chicken broth
 - 2 tbsp soy sauce
 - 1 tbsp grated ginger
- 1 clove garlic, thinly sliced
 - 1 carrot, shredded
- 1 cup medium-dice tofu
- Pinch freshly ground black pepper
- Crushed red chili flakes, as needed
 - 4 scallions, thinly sliced

1. Cook the noodles in a pot of boiling salted water until they are tender. Drain the noodles and reserve.

2. To prepare the eggs, combine the water and vinegar in a shallow pan. Bring the water to 180°F over low-to-medium heat (a gentle simmer). Crack the eggs into individual custard cups. While swirling the water inside the pan with a wooden spoon, gently slide the eggs into the water and let them cook until the white is cooked and the yolk is the desired doneness, 6 to 8 minutes.

3. Using a slotted spoon, remove the eggs from the water and gently pat dry with a clean towel. Place the finished eggs on a dish and reserve.

4. In a medium-sized soup pot, combine the broth, soy sauce, ginger, garlic, carrot, and tofu. Bring to a simmer over moderate heat. Add the salt, pepper, and chili flakes.

5. Evenly distribute the noodles into four soup bowls and top each bowl with a poached egg. Fill the bowls with the broth and garnish with the scallions. Serve immediately.

SERVES 4



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CHICKEN TAGINE

Look for preserved lemons in jars near the jarred peppers and sun-dried tomatoes or at your store's olive bar. If you can't find them, you can add the zest of 1 lemon, though the flavor won't be quite the same.

INGREDIENTS:

- 12 bone-in chicken thighs
 - Kosher salt, to taste
- Ground black pepper, to taste
- 3 tbsp extra-virgin olive oil
- 12 cipollini onions, peeled
- 3 tbsp peeled, sliced ginger
- 6 garlic cloves, thinly sliced
 - 1 tsp ground cumin
- 1/8 tsp crushed saffron threads
- 8 preserved lemon wedges, pith removed and rind thinly sliced
- 20 Picholine or pitted green olives
 - 1 1/2 cups golden raisins
 - 8 oz dried apricots, diced
 - 6 1/2 cups chicken broth, hot
- 1/4 cup chopped flat-leaf parsley
 - 1/4 cup chopped cilantro
 - 3 cups cooked couscous

1. Season the chicken thighs with salt and pepper. In a large, oven-safe sauté pan over high heat, heat the olive oil, add the chicken thighs, skin side down, and cook until brown on each side, about 10 minutes. Work in batches when cooking the chicken thighs to avoid overcrowding the pan, which will cause them to steam instead of brown. Add the onions and cook until browned, about 4 minutes. Drain the grease from the pan. If working in batches, return all the chicken to the pan.

2. Add the ginger and garlic and cook until tender, about 2 minutes. Add the cumin, saffron, preserved lemons, olives, raisins, and apricots. Stir in 1 cup of the broth to help combine all the ingredients. Add the remaining 5 1/2 cups broth and cover the pan. Reduce the heat to medium to establish a simmer and begin the braising process. Braise until the chicken is fork-tender, about 50 minutes.

3. Continue cooking until the broth has reduced to a consistency thick enough to coat the back of a wooden spoon. If necessary, adjust the seasoning with salt and pepper. Garnish with the parsley and cilantro and serve with the couscous.

SERVES 6



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BAKED SWEET POTATOES

Caramelized onions and tasty browned mushrooms are one of our favorite toppings for a baked sweet potato, but you can top yours with whatever you like best. For a quicker bake, cut the sweet potatoes in half, oil lightly, and bake cut-side down for about half the time, then serve open-faced.

INGREDIENTS:

- 4 small sweet potatoes, scrubbed
 - 3 tbsp olive oil, divided use
 - Kosher salt, to taste
 - 2 tbsp unsalted butter
 - 3 medium yellow onions, thinly sliced
- Ground black pepper, to taste
- 1 lb 8 oz mixed mushrooms, like oyster, shiitake, or cremini, cut into bite-sized pieces
 - 2 tbsp minced garlic
 - 2 tbsp dry white wine
 - 2 tsp chopped thyme, plus more as needed
 - 1/2 cup crème fraîche

1. Preheat the oven to 350°F. Poke the potatoes all over with a fork, then drizzle with 1 tablespoon of the oil. Rub the potatoes all over, sprinkle with salt, and transfer to a baking sheet. Bake until the potatoes are tender when pierced with a knife, 45 minutes to 1 hour.

2. Meanwhile, heat the butter in a large skillet over medium heat. Add the onions and a pinch of salt, and cook, stirring occasionally, until the onions are very lightly browned all over, about 15 minutes. Lower the heat to medium-low and cook, stirring frequently, until the onions are deeply browned, about 40 minutes. Transfer the onions to a bowl, and wipe out the pan.

3. Return the pan to medium heat and add the remaining 2 tablespoons olive oil. Add the mushrooms and a pinch of salt, working in batches, if needed, and cook without stirring until the edges are browned and well-seared, about 4 minutes. Continue cooking, stirring occasionally, until the mushrooms are well-browned all over, about 8 minutes. Stir in the garlic and a pinch of pepper and cook until fragrant, about 30 seconds. Add the wine and cook until the wine has reduced and the pan is dry, about 1 minute. Remove from the heat and stir in the thyme.

4. Slice each potato down the center and push the two sides apart slightly. Use a fork to gently mash the inside of the potato. Top each potato with 2 tablespoons of crème fraîche. Add a layer of caramelized onions, then top with the mushrooms. Sprinkle with additional thyme before serving, if you like.

SERVES 4



PENNETTE ALL'ARRABBIATA

You can use crushed red pepper flakes in place of the dried chiles, but start with a pinch and add to your desired spice-level. You can brown some ground sausage in the pan before you make the sauce, if you like.

INGREDIENTS:

- 6 tbsp extra-virgin olive oil
- 4 small dried red chiles (peperoncini), crushed
 - 3 garlic cloves, minced or thinly sliced
 - 1 can (28 oz) whole San Marzano tomatoes
- 1 lb dried pennette lisce (not rigate)
 - Kosher salt, as needed

1. Heat the oil in a 4-quart Dutch oven over medium heat. Add the dried chiles and garlic and stir to coat them with the oil. Sauté over low heat, stirring often, until the garlic is just starting to turn color, about 3 minutes. Add the tomatoes with their juices and simmer the sauce, uncovered, until it is very flavorful and the tomatoes are “sweet,” 25 to 30 minutes. Use a wooden spoon or a potato masher to break up the tomatoes while the sauce simmers.

2. Bring a large pot of salted water to a boil over high heat. Add the pennette and stir to submerge and separate the pasta. Cook, uncovered, until just tender (al dente), 8 to 9 minutes (check the cooking time for your pasta).

3. Drain the pasta in a colander. Shake well to remove any water clinging to the pasta. Add the drained pasta to the arrabbiata sauce and toss them together until the pasta is evenly coated. Serve at once in warmed pasta plates.

SERVES 6



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MOO SHU VEGETABLES

This all-veggie hits the spot, but you can add thinly sliced chicken, pork, or even shrimp, if you like. Moo shu pancakes can be tough to find, but flour tortillas make a surprisingly good substitute (or make them yourself!).

INGREDIENTS:

- 3 tbsp canola oil
- 1 tbsp garlic, minced
- 1 tbsp ginger, peeled, minced
 - 1 tbsp scallion, minced
- 1 red bell pepper, sliced
- 4 celery stalks, sliced
 - 4 carrots, sliced
- 1/2 head Napa cabbage, sliced
 - 2 tbsp hoisin sauce, plus more for serving
 - 3 tbsp soy sauce
 - 1 tbsp 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.

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.

SERVES 6 TO 8



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DINNER SHOPPING LIST

PROTEIN

- ☐ 12 bone-in chicken thighs
- ☐ 8 oz firm tofu

DAIRY

- ☐ 2 tbsp unsalted butter
- ☐ 1/2 cup crème fraîche
- ☐ 5 eggs

PANTRY

- ☐ 3/4 cup olive oil
- ☐ 3 tbsp canola oil
- ☐ 1 tbsp sesame oil
- ☐ 1/3 cup white vinegar
- ☐ 2 tbsp dry white wine
- ☐ 5 tbsp soy sauce
- ☐ 1/4 cup hoisin sauce
- ☐ 1 (28 oz) can whole San Marzano tomatoes
- ☐ 3 quarts chicken broth
- ☐ 2 preserved lemons
- ☐ 20 Pichonline or green olives
- ☐ 1 1/2 cups golden raisins
- ☐ 8 oz dried apricots
- ☐ 1 lb pennette lisce pasta
- ☐ 1 lb dry or fresh ramen noodles
- ☐ 1 1/2 cups couscous
- ☐ 16 moo shu pancakes
- ☐ 1 tsp ground cumin
- ☐ 4 small dried red chiles
- ☐ 1 tsp red chili flakes
- ☐ 1/8 tsp saffron threads
- ☐ Kosher salt
- ☐ Black pepper

PRODUCE

- ☐ 3 medium yellow onions
- ☐ 12 cipollini onions
- ☐ 1 lb carrots
- ☐ 1 head celery
- ☐ 2 heads garlic
- ☐ 1 head Napa cabbage
- ☐ 1 large piece ginger
- ☐ 1 lb 8 oz mixed mushrooms
- ☐ 1 red bell pepper
- ☐ 4 small sweet potatoes
- ☐ 1 bunch scallions
- ☐ 1 bunch thyme
- ☐ 1 bunch parsley
- ☐ 1 bunch cilantro



CIA BOOTCAMPS



The Best of Boot Camp (NY)

June 2-5, 2020

CIA boot camps are legendary, and this Best Of Boot Camp brings together the highlights of some of our most popular classes into one 4-day program..



Techniques of Healthy Cooking (CA)

June 2-5, 2020

Health and great food don't have to be enemies – in fact, they should be one and the same, and with a little bit of know-how, they can be.



Farm to Table Boot Camp (CA)

June 8-12 2020

Gain an in-depth look into the world of cooking sustainably and seasonally, using ingredients sourced as locally as possible.



Regional Italian Cuisine (TX)

July 13-16, 2020

On each day of this gastronomic tour, you will explore Italy's different regions and the flavor profiles that distinguish each one.



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