



# WELCOME!

If it's rainy where you are (or maybe snowy!), you'll be on the same comfort food page as we are. This week, that means our favorite soup, a CIA classic recipe, and some brothy noodles, curry-style!

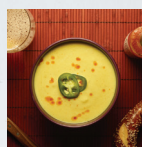
## PREP AHEAD

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

1. Make Monday's dinner all the way through. Reheat in the oven for 15 minutes.
2. Make Tuesday's soup all the way through.



**MONDAY**  
Sausage with Sweet and Sour Peppers



**TUESDAY**  
Cheddar and Beer Soup



**WEDNESDAY**  
Curry Udon Noodles




**THURSDAY**  
Green Lentils with Chard



**FRIDAY**  
Chicken Yakitori with Edamame



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## SAUSAGE WITH SWEET AND SOUR PEPPERS

This dish is great on its own, but for a little something extra, you can serve it over polenta, alongside some wilted greens, or tossed with pasta.

### INGREDIENTS:

- 1 tbsp olive oil
- 1 lb sweet or hot Italian sausage
  - 4 bell peppers, any color, cored and sliced 1/2-inch
    - 1/2 tsp kosher salt, plus more as needed
  - 3 cloves garlic, minced
  - 1/3 cup red wine vinegar, plus more as needed
- 1 tbsp honey, plus more as needed

1. Heat the oil in a large skillet over medium heat. Add the sausage and cook, turning as needed, until it is browned all over (it doesn't need to be cooked through). Transfer to a plate and set aside.

2. Add the peppers and salt and cook, stirring frequently, until just beginning to brown around the edges, about 5 minutes. Reduce the heat and cook, stirring frequently, until the peppers are tender, about 8 minutes more.

3. Add the garlic and cook until aromatic, about 1 minute. Return the heat to medium and add the vinegar and honey. Nestle the browned sausage into the peppers and bring to a gentle simmer. Cook until the vinegar is almost fully reduced, the peppers are soft, and the sausage is cooked through, about 12 minutes. If the pan becomes too dry before the peppers are soft and the sausage is fully cooked, add a few tablespoons of water or vinegar and cover with a lid until ready. Taste and adjust seasoning with salt, vinegar, and honey, as needed.

4. Serve the peppers topped with the sausage.

SERVES 4 TO 6



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## CHEDDAR AND BEER SOUP

**If you can get your hands on some soft pretzels, warm them and get your dip on. Sharp Cheddar gives the strongest Cheddar flavor, but you can swap out all or part for another flavorful, good-melting cheese, like pepper Jack or Swiss.**

### INGREDIENTS:

- 1/4 cup canola oil
- 1 cup all-purpose flour
- 3 cups vegetable stock
- 2 tbsp unsalted butter
- 1 cup minced yellow onion
- 1 cup small-dice white mushrooms
  - 1/2 cup small-dice celery
  - 1/2 cup small-dice carrot
  - 1 garlic clove, minced
- One 12-oz bottle beer
- 2 tbsp dry mustard powder
- 6 cups grated sharp Cheddar (about 1 1/2 lb)
- 3/4 cup heavy cream, warm
- Tabasco sauce, as needed
  - Salt, as needed
- Freshly ground black pepper, as needed

1. In a soup pot over medium heat, combine the oil and flour. Cook, stirring constantly, to make a pale golden roux, about 12 minutes.

2. Gradually add the stock and whisk constantly to work out any lumps. Bring to a simmer and cook until the soup has deepened in flavor and has a velvety texture, about 45 minutes.

3. Meanwhile, melt the butter in a pan over medium heat. Add the onion, mushrooms, celery, carrot, and garlic. Sauté until the vegetables are tender, 6 to 8 minutes. Keep warm.

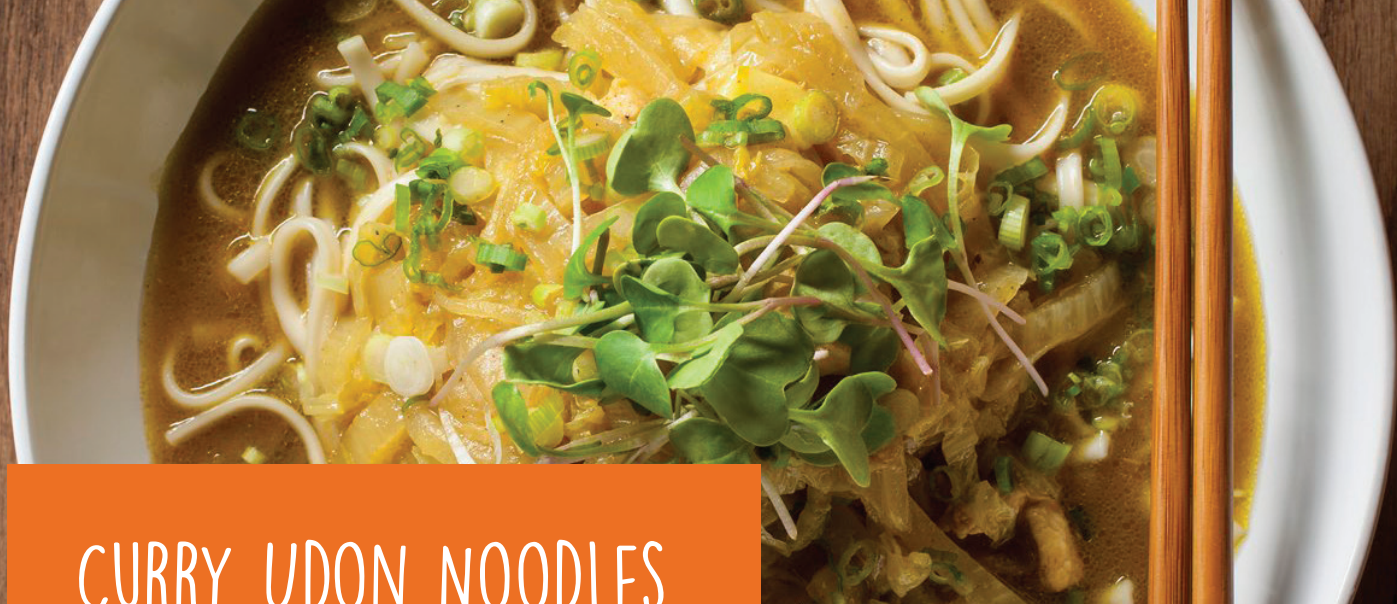
4. While the vegetables are sautéing, in a small bowl, whisk together the beer and mustard powder. Pour the beer mixture into the simmering soup, whisking constantly. The beer will foam up a little bit—don't worry.

5. Add the cheese to the soup and stir constantly until the cheese is melted and well incorporated. Stir in the cream. Season with Tabasco, salt, and pepper, stir in the vegetables, and serve immediately.

SERVES 8



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## CURRY UDON NOODLES

Japanese curry paste is, generally, quite mild in flavor, though they will vary by brand and variety. If you like, you can replace with Thai curry paste and a little coconut milk for a southeast Asian variation.

### INGREDIENTS:

- 1/2 medium white onion, thinly sliced
- 2 tbsp vegetable oil
- 2 garlic cloves, thinly sliced
- One 1-inch piece fresh ginger, peeled and minced
- 8 oz chicken breast, thinly sliced
  - 8 oz turnip, julienned
  - 1 1/2 tsp sugar
- Kosher salt, as needed
  - 5 cups water
- 1 1/2 oz Japanese curry paste
  - 1 1/2 tsp light soy sauce
- 8 oz Napa cabbage, thinly sliced
  - 1 lb dried udon noodles
  - 2 green onions, sliced
- 1 cups radish sprouts, optional

1. In a pan over medium heat, sweat the onions in the vegetable oil until tender, 5 to 8 minutes. Add the garlic and ginger and continue to sweat until aromatic, 10 to 20 seconds. Add the chicken breast and cook, turning as necessary, until opaque. Add the turnip and continue to cook over medium heat until tender, 3 to 5 minutes. Add the sugar and adjust the seasoning with salt. Remove the mixture from the pan and reserve.

2. Add the water to the pan and bring to a boil over high heat. Lower the heat to a gentle simmer, and add the Japanese curry paste and simmer until the curry paste is fully dispersed and the sauce is slightly thick, about 2 minutes. Add the soy sauce, the cooked chicken mixture, and the cabbage to the curry sauce and simmer until the cabbage is slightly tender, 3 to 5 minutes.

3. In a pot over high heat, cook the noodles in 2 gallons of well-salted boiling water until tender, 3 to 5 minutes. Rinse with hot water, toss with the green onions, and divide into 8 Asian noodle bowls.


4. Top each bowl of noodles with the curry sauce and mix gently to combine. Garnish each bowl with radish sprouts, if using.

SERVES 4 TO 6



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## GREEN LENTILS WITH CHARD

Look for pomegranate molasses in the international food aisle of most grocery stores. If you can't find it, you can make your own by reducing pomegranate juice to a syrupy consistency, or replace it with balsamic vinegar-- though the flavors will be very different (still good!).

### INGREDIENTS:

- 1 lb dried green lentils  
(lentilles du Puy)
- 3 tbsp finely chopped garlic
- 1/2 cup extra-virgin olive oil
- 3/4 cup chopped cilantro
  - Kosher salt, to taste
- 10 large Swiss chard leaves,  
stemmed and cut into ribbons
- 2 tbsp freshly squeezed lemon juice
- 1/4 cup pomegranate molasses

1. Rinse the lentils.

2. In a medium sauce pot, sweat the garlic in 2 tablespoons of the olive oil over medium heat. Add the lentils and stir to coat with the olive oil. Toast the lentils briefly and add the cilantro. Add enough water to cover the lentils by 2 inches and season the water with salt.

3. Bring the water to a boil, reduce the heat to establish a simmer, and cook the lentils until tender, 20 to 25 minutes. Remove the pot from the heat and drain off any excess liquid. Reserve and keep warm.

4. Meanwhile, prepare the Swiss chard. Heat 2 tablespoons of the olive oil in a large sauté pan over medium-high heat. Add the Swiss chard and cook until the leaves have wilted. Reserve until needed.

5. Add the chard, lemon juice, and pomegranate molasses to the drained, reserved lentils. Cover and keep warm until ready to serve.

6. Just prior to serving, taste and adjust the seasoning and drizzle with the remaining 1/4 cup olive oil.

SERVES 4 TO 6



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# CHICKEN YAKITORI

**We may not understand it, but it's okay if you don't like chicken livers. Just sub an equal amount of additional chicken thighs. We're serving our skewers with simple steamed edamame, but you can serve yours with rice or other veggies, like broccoli.**

## INGREDIENTS:

- 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 scallions,  
cut into 3/4-in pieces
  - 3/4 cup sake
  - 1 cup mirin
  - 1/4 cup sugar
- 2 tbsp dark soy sauce
- 1/2 cup light soy sauce,  
not low-sodium
- Japanese seven-spice  
(shichimi togarashi), as needed
  - 6 cups water
  - 1/2 tsp kosher salt
- 4 cups edamame in pods  
(frozen or fresh)

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 in a small saucepan, 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, turning occasionally, until they are cooked through, about 5 minutes.
5. During the last minute on the grill, brush the yakitori sauce onto the skewers and allow to caramelize slightly.
6. Remove from the grill, and sprinkle with Japanese seven-spice.
7. Meanwhile, bring the water to a boil and add the salt. Boil the edamame until beans are tender, 4 to 5 minutes. Drain and serve.

SERVES 6 TO 8



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# DINNER SHOPPING LIST

## PROTEIN

- ☐ 1 lb sweet or hot Italian sausage
- ☐ 8 oz chicken breast
- ☐ 2 lb boneless, skinless chicken thighs
- ☐ 1 lb chicken livers

## DAIRY

- ☐ 2 tbsp unsalted butter
- ☐ 6 cups grated sharp Cheddar (about 1 1/2 lb)
- ☐ 3/4 cup heavy cream

## PANTRY

- ☐ 1/2 cup canola oil
- ☐ 3/4 cup olive oil
- ☐ 1/3 cup red wine vinegar
- ☐ 3 cups vegetable stock
- ☐ 1 lb dried green lentils
- ☐ Tabasco sauce
- ☐ 1 tbsp honey
- ☐ 1/4 cup pomegranate molasses
- ☐ 1 cup all-purpose flour
- ☐ 1/3 cup sugar
- ☐ 1 1/2 oz Japanese curry paste
- ☐ 3/4 light soy sauce
- ☐ 1 cup mirin
- ☐ 1 (12 oz) bottle beer
- ☐ 3/4 cup sake
- ☐ 2 tbsp dry mustard powder
- ☐ 1 tbsp Japanese seven-spice (shichimi togarashi)
- ☐ Kosher salt
- ☐ Black pepper

## PRODUCE

- ☐ 2 yellow onions
- ☐ 1 white onion
- ☐ 2 stalks celery
- ☐ 2 carrots
- ☐ 2 heads garlic
- ☐ 1 (1-in) piece ginger
- ☐ 4 bell peppers, any color
- ☐ 1 head Napa cabbage
- ☐ 8 oz white mushrooms
- ☐ 1 cup radish sprouts (optional)
- ☐ 1 bunch Swiss chard (10 stems)
- ☐ 4 cups edamame pods (fresh or frozen)
- ☐ 2 lemons
- ☐ 2 bunches scallions
- ☐ 1 bunch cilantro



# CIA BOOTCAMPS



## Plant-Powered Cooking Boot Camp (CA)

**April 20-24, 2020**

Work side-by-side with CIA chef instructors to learn the techniques, ingredients, and recipes behind the plant-forward lifestyle.



## The Best of Boot Camp (CA)

**May 18-22, 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 5-day program.



## Grilling and BBQ Boot Camp (NY)

**May 26-27, 2020**

Learn to grill the perfect steak, plus hot smoke, barbecue, and smoke-roast everything from meat to fish to side dishes and dessert.



## Mediterranean Boot Camp (SA)

**June 8-11, 2020**

In this 4-day Boot Camp, you'll utilize the unique pantries and flavor profiles of Provence, Southern Italy, Spain, Greece, Turkey, and North Africa.



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