



WELCOME!

We hear spring is taking its time in some parts of the country, so this week's menu is firmly planted right in between winter and spring!

There are some great make-ahead opportunities in this menu, so take advantage of some of the prep we suggest below to get a jump on the week. The chili and onion soup are especially good the next day!

PREP AHEAD

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

1. Make the chile-garlic sauce for Monday's noodles.
2. Make the chili all the way through, if you like.
3. Make the soup all the way through, if you like.



MONDAY

Chilled Chile-Garlic Noodles with Shrimp



TUESDAY

Beef Chili



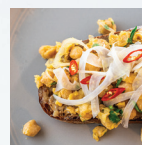
WEDNESDAY

Lemon-Roasted Broccoli and Sausage Grain Bowl



THURSDAY

Onion Soup Gratinéé



FRIDAY

Smashed Chickpea Toast



DISH[®]
EAT. DRINK. DISCOVER.



CHILLED CHILE—GARLIC NOODLES WITH SHRIMP

The sauce for these noodles is a homemade chile-crisp, which you can buy at most specialty markets or even online, if you prefer. Shrimp is easy and quick-cooking, but you could substitute browned ground pork, crispy tofu, or shredded rotisserie chicken.

INGREDIENTS:

- 1 large shallot, thinly sliced
- 6 cloves garlic, thinly sliced
 - 1 tbsp minced ginger
 - 1 cinnamon stick
 - 2 star anise pods
 - 3/4 cup vegetable oil
- 1 lb udon noodles or dried spaghetti
 - 1 1/2 tsp sugar
 - 1 tbsp soy sauce
- 1 tsp unseasoned rice vinegar
- 2 tbsp crushed red pepper flakes
 - 1/4 tsp kosher salt, plus more, to taste
 - 1 lb large shrimp, peeled and deveined
- 1/4 cup sliced scallions

1. In a medium saucepan, combine the shallot, garlic, ginger, cinnamon, anise, and oil. Bring to a gentle simmer and cook, stirring occasionally, until the shallot and garlic are crisp and golden brown, about 25 minutes.

2. Meanwhile, bring a large pot of salted water to boil. Add the noodles and cook until al dente, about 8 minutes (depending on the style of noodle; follow the directions on your package). Drain and run under cold water until chilled. Transfer to a large bowl and set aside.

3. Remove the shallot oil from the heat and set aside to cool slightly. Remove the cinnamon and star anise pods, and add the sugar, soy sauce, vinegar, pepper flakes, and salt, and stir to combine. Set aside.

4. Remove about 1 tbsp oil from the chile-garlic oil and heat in a skillet over medium-high heat. Add the shrimp and cook, flipping occasionally, until cooked through and brown around the edges. Add to the bowl with the noodles and add the chile-garlic oil (you won't use it all). Toss to coat. Garnish with scallions to serve.

SERVES 6



DISH[®]
EAT. DRINK. DISCOVER.



BEEF CHILI

This chili is best if made a few days ahead, so squeeze it in whenever you have some time. For a quick version, replace the beef shoulder with the same amount of ground beef or turkey. You'll only need to cook the chili for about 40 minutes, in that case.

INGREDIENTS:

- 3 lb boneless beef shoulder, cubed
 - 2 tsp ground cumin
 - 2 tsp ground coriander
- 1 tbsp sweet chili powder
 - 2 tbsp chili powder
 - 1 tsp dried oregano
- 1/2 tsp ground cinnamon
- 1/4 tsp cayenne pepper
- One 14.5-oz can whole plum tomatoes
 - 2 cups chopped onion
- 8 garlic cloves, roughly chopped
- 3 chipotles in adobo, chopped
- 1 jalapeño, seeded and chopped
 - 2 tsp tomato paste
 - 1 tsp sugar
 - 3 tbsp vegetable oil
 - 12 oz beer
 - 1 1/2 tsp kosher salt
- 1 tbsp fresh lime juice

1. In a bowl, combine the ground cumin and coriander with the chili powder, paprika, oregano, cinnamon, and cayenne.

2. In a food processor, purée the tomatoes, onion, garlic, chipotle peppers, jalapeño, tomato paste, and sugar until smooth. Reserve until needed.

3. Heat the oil in a large, heavy pot. Working in batches, brown the meat until it is browned all over. Transfer to a plate, as done.

4. Add the spice mixture to the pot to quickly toast the spices in the remaining fat from the meat. Deglaze the pan with the beer. Stir to pick up any caramelized bits on the bottom of the pan, add the puréed tomato mixture to the pot, and bring to a boil over high heat. Return the meat to the pan, and reduce the heat to establish a gentle simmer. Season with the salt.

5. Continue simmering until the meat is tender, 2 to 2 1/2 hours. If the chili reduces down and becomes too thick during cooking, add some water to adjust the consistency; if there is not enough moisture, the meat will not cook properly.

6. When the meat is tender, add the lime juice. Serve the chili in bowls. Garnish with cheese, sour cream, or scallions, if you like.

SERVES 6



DISH[®]
EAT. DRINK. DISCOVER.



LEMON BROCCOLI AND SAUSAGE GRAIN BOWLS

This is a great recipe to keep in your back pocket. Serve the roasted mixture over grains, like we did here, or stuffed in a pita, tossed with pasta, or even to top a quick pizza. Use turkey sausage, if you like.

INGREDIENTS:

- 3 heads broccoli
- 1/4 cup lemon juice
- 1/4 cup plus 2 tbsp olive oil
- 2 tbsp whole grain mustard
 - 2 cloves garlic
 - 1 tsp kosher salt
- 1/2 tsp ground black pepper
 - Pinch red pepper flakes
 - 1 lb Italian sausage, removed from casings
- 1 cup farro, wheat berries, or other grain, cooked and drained

1. Preheat the oven to 425°F. Remove the broccoli florets from each head and thinly slice the stalks. Transfer to a large baking or roasting dish.

2. In a small food processor, combine the lemon juice, oil, mustard, garlic, salt, pepper, and garlic flakes. Blend until smooth. Reserve 2 tablespoons and set aside; pour the remainder over the broccoli and toss to coat.

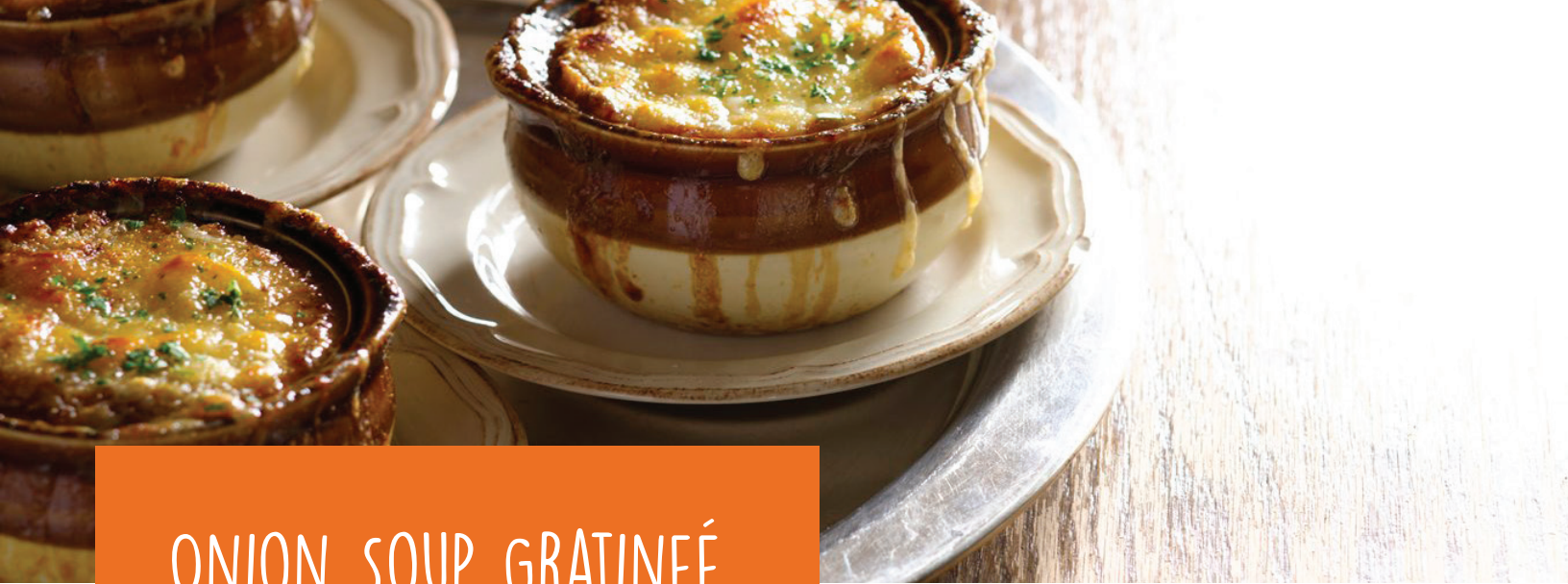
3. Drop tablespoon-sized pieces off sausage over the broccoli, nestling it among the florets. Transfer to the oven and bake, stirring occasionally, until the sausage is cooked through and the broccoli is tender and browned, about 30 minutes.

4. Serve the roasted sausage and broccoli over the cooked grains, drizzled with the remaining lemon juice mixture

SERVES 4 TO 6



DISH[®]
EAT. DRINK. DISCOVER.



ONION SOUP GRATINEÉ

French onion soup is so tasty, but takes a little bit of time and elbow grease, but we think the payoff is worth it! Use vegetable broth to make this vegetarian. We like adding a dash of soy sauce for the veggie version.

INGREDIENTS:

- 1/4 cup olive oil or vegetable oil
- 4 yellow onions, thinly sliced
 - 2 garlic cloves, minced
 - 1/2 cup brandy
- 6 cups beef or chicken broth, warm
- 1 sprig tarragon, 4 sprigs parsley, 1 bay leaf, and 1 clove peeled garlic, wrapped in cheesecloth and tied with kitchen twine
 - Salt, as needed
- Freshly ground black pepper, as needed
 - 8 slices French bread (about 1/4 inch thick)
 - 1 cup shredded Gruyère, plus more as needed

1. Heat the oil in a soup pot over medium-low heat. Add the onions and cook, without stirring, until they begin to brown on the bottom. Increase the heat to medium, stir, and continue to cook, stirring occasionally, until the onions are deeply caramelized to a dark golden brown and very soft, 30 to 45 minutes. If the onions begin to scorch, add a few tablespoons of water.

2. Add the garlic and continue to cook for 1 minute more. Add the brandy and stir to deglaze the pan, scraping up any browned bits from the bottom of the pan. Simmer until the liquid has nearly evaporated, 2 to 3 minutes.

3. Add the broth and the tarragon sachet and bring to a simmer. Cook, partially covered, for 45 to 60 minutes, skimming any foam that rises to the surface. Remove and discard the sachet. Season with salt and pepper.

4. To serve, preheat the oven to 350°F. Ladle the soup into individual ovenproof onion soup crocks. Top each crock with a slice of bread and sprinkle with grated cheese, covering the bread completely and coming to the edges of the crocks. Set the soup crocks in a large baking dish and add enough boiling water to the baking dish to reach two-thirds of the way up the sides of the crocks, making a water bath. Bake until the soup is thoroughly heated, if needed, and the cheese is lightly browned, 10 to 15 minutes.

SERVES 6



DISH[®]
EAT. DRINK. DISCOVER.



SMASHED CHICKPEA TOAST

The chickpea portion of this dish is simple, but it's made perfect by the quick-pickled fennel. If you aren't a huge fennel fan, these pickles may surprise you, but you can certainly replace it with radishes, onions, or even sauerkraut.

INGREDIENTS:

- 1/2 cup cider vinegar
 - 1/2 cup water
 - 1 tbsp sugar
 - 1 tsp kosher salt
- 1 bulb fennel, cored and thinly sliced
 - 1/2 red chile, thinly sliced
 - 2 cloves garlic
 - 1 bay leaf
 - 1 tbsp olive oil
- 1 shallot, thinly sliced
- 1 (15 oz) can chickpeas, drained and rinsed
 - Kosher salt, to taste
- Ground black pepper, to taste
 - 1 clove garlic
 - 2 tbsp tahini
- 4 slices crusty bread, lightly toasted
 - Chopped parsley, for garnish

1. In a small pot, combine the vinegar, water, sugar, and salt over medium heat. Stir until the sugar and salt has fully dissolved, about 2 minutes. Remove from the heat and set aside.

2. In a jar or glass bowl, combine the fennel, chile, garlic, and bay leaf. Pour the vinegar mixture over the vegetables until they are fully submerged (you may not use it all). Cover and refrigerate for at least 8 hours.

3. For the toasts, heat the oil in a skillet over medium heat. Add the shallot and cook, stirring constantly, until just beginning to brown around the edges, about 2 minutes. Add the chickpeas and cook, using the back of the spoon to lightly mash the beans, until heated through. Season with salt and pepper and remove from the heat.

4. Rub the garlic clove across the surface of each slice of bread. Top with tahini (about 1 1/2 teaspoons per slice) and spread to the edges. Divide the chickpea mixture among each slice of bread, and then top with pickled fennel. Sprinkle with parsley just before serving.

SERVES 4



DISH[®]
EAT. DRINK. DISCOVER.

DINNER SHOPPING LIST

PROTEIN

- 3 lb boneless beef shoulder
- 1 lb large shrimp
- 1 lb Italian sausage

DAIRY

- 1 cup shredded Gruyère

SPICES

- 1/4 tsp cayenne pepper
- 1/2 tsp ground cinnamon
- 1 tsp dried oregano
- 2 tsp ground cumin
- 1 tbsp ground coriander
- 2 tbsp chili powder
- 3 tbsp red pepper flakes
- 1 cinnamon stick
- 2 bay leaves
- 2 star anise pods

PANTRY

- 1 cup olive oil
- 1 cup vegetable oil
- 1 tbsp soy sauce
- 1 tsp unseasoned rice vinegar
- 1/2 cup cider vinegar
- 2 tbsp whole grain mustard
- 6 cups beef or chicken broth
- 1 (15 oz) can chickpeas
- 1 (14 oz) can whole plum tomatoes
- 2 tsp tomato paste
- 1 lb dried udon noodles or spaghetti
- 1 cup farro or other grain
- 1 can chipotles in adobo
- 2 tbsp tahini
- 12 oz beer
- 1/2 cup brandy
- 1 loaf French bread
- 2 tbsp sugar
- Kosher salt
- Black pepper

PRODUCE

- 6 yellow onions
- 2 large shallots
- 2 heads garlic
- 1 (2-in) piece ginger
- 1 bulb fennel
- 3 heads broccoli
- 1 jalapeño
- 1 red chile, like Fresno
- 1 bunch scallions
- 1 bunch tarragon
- 1 bunch parsley
- 2 limes
- 4 limes

