



# WELCOME!

When the summer comes, and our markets are full of tomatoes, eggplants, and beautiful herbs, we can't help but look to Italy for recipe inspiration. This week, we're making a few of our favorite Mediterranean-inspired dishes, including plenty of seafood.

Make sure to check the recipe notes for substitutions and variations.

## PREP AHEAD

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

1. Make the vinaigrette for Thursday's soba noodle salad.
2. Make Friday's sausage sauce and warm it through before serving.



### MONDAY

**Cod and Burst Tomato Toast**



### TUESDAY

**Pasta alla Norma**



### WEDNESDAY

**Risotto with Seafood**



### THURSDAY

**Soba Noodle Salad**



### FRIDAY

**Polenta with Sausage Sauce**



**DISH**<sup>®</sup>  
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## COD AND BURST TOMATO TOAST

Multi-colored heirloom tomatoes make for a pretty presentation, but any sweet tomatoes will work, especially if they're fresh from your backyard garden! We used cod, but you can use whatever fish looks best at your market, or even shrimp.

### INGREDIENTS:

- 4 slices rustic bread
- 1 clove garlic, peeled
- 3 tbsp extra-virgin olive oil, divided use
  - Kosher salt, to taste
- Finely ground black pepper, to taste
  - 4 skinless cod filets (about 6 oz each)
- 2 cups cherry tomatoes, halved
  - 1/2 cup basil leaves
- 2 medium shallots, thinly sliced

1. Lightly toast the bread. While still hot, rub one side of the toast with the garlic clove. Set aside.

2. Heat 1 tablespoon of the oil in a skillet over medium heat. Season the cod with salt and pepper, and sauté, flipping once halfway through, until golden brown and cooked through, about 3 minutes on each side. Transfer to a plate, tent with foil, and set aside.

3. Wipe the pan clean and add the remaining 2 tablespoons of oil, along with the tomatoes, basil, and shallots. Cook, gently breaking open a few tomatoes with the back of a wooden spoon, until the tomatoes have burst and the mixture is saucy, about 8 minutes. Season to taste with salt and pepper.

4. To serve, spoon the tomatoes over the toast and top with the cod.

SERVES 4



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## PASTA ALLA NORMA

Sometimes cooks add a pinch of sugar to the sauce to tame any last bit of bitterness in the eggplant. The dish is finished with ricotta salata; although nontraditional, you might prefer to add some cubed fresh mozzarella at the very end instead of the ricotta salata.

### INGREDIENTS:

- 2 slender eggplants (Japanese, if available, about 1 3/4 lb total), cubed
- Kosher salt, as needed
- 3 tbsp extra-virgin olive oil
- 1/2 cup minced yellow onion
  - 4 large tomatoes, peeled (if desired) and diced
- Freshly ground black pepper, as needed
- 1 lb rigatoni or similar short tube-shaped pasta
  - 1/2 cup torn basil leaves
- 1/2 cup grated ricotta salata (2 oz)

1. Place the eggplant in a colander. Salt the eggplants and drain them for at least 1 hour.

2. Heat a large skillet over medium-high heat and add enough oil to coat the skillet (about 2 tablespoons). Add the eggplants and fry, turning the pieces occasionally. Keep frying until the eggplants are tender and golden brown, 8 to 10 minutes.

3. Heat another large skillet over medium-low heat. Add 1 tablespoon olive oil and the onions. Cook, stirring frequently, until the onions are tender, about 5 minutes. Add the tomatoes and a little salt and pepper. Decrease the heat to low and simmer just until the tomatoes are very hot.

4. Bring a large pot of salted water to a boil over high heat. Add the rigatoni and stir a few times to separate the pasta. Cook uncovered until just tender to the bite, 10 to 12 minutes.

5. Drain the pasta immediately through a colander. Shake well to remove any water clinging to the pasta. Pour the hot rigatoni into a serving bowl and add the tomato mixture, about three quarters of the fried eggplants, and the basil. Toss together to combine.

6. Serve at once, topped with the reserved eggplant and the ricotta salata.

SERVES 4



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## RISOTTO WITH SEAFOOD

**Seafood risotto is a fancier-than-it-looks dinner that comes together quickly. We love this in the summer, because it's when seafood is at its peak, so pick whatever looks (and smells!) the best at your local market, even if it's all one variety.**

### INGREDIENTS:

- 2 quarts shellfish broth
- 1/2 cup (1 stick) unsalted butter, divided use
  - 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
  - Kosher salt, as needed
  - Freshly 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, 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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## SOBA NOODLE SALAD

This is a simple vegetarian dinner, but if you prefer to add some protein, you can toss in marinated and crisped tofu, grilled shrimp, lump crab meat, or even shredded rotisserie chicken.

### INGREDIENTS:

- 1/2 pound soba noodles
  - 2 tbsp rice vinegar
- 1/4 cup tamari soy sauce
  - 2 tsp light miso
  - 6 tbsp sesame oil
- 2 1/2 tbsp sesame seeds, plus additional for garnish
- 1/2 tsp red pepper flakes
- 3 carrots, cut into thin strips
  - 1 bunch scallions, thinly sliced on the bias
  - 2 cups snow peas, cut in 1/8-inch strips on bias
  - 1/2 tsp salt, or to taste
- 1 tsp freshly ground black pepper, or to taste

1. Cook the noodles in boiling salted water until al dente. Rinse with cold water, drain, and allow to dry slightly.
2. To prepare the dressing, stir together the rice vinegar, soy sauce, and miso. Whisk in the sesame oil, sesame seeds, and red pepper flakes.
3. Toss the carrots, scallions, and snow peas in the dressing, then toss in the noodles, and adjust the seasoning with salt and pepper. The salad is ready to serve now, or it may be held, covered, in the refrigerator. Garnish with additional sesame seeds before serving, if desired.

SERVES 6



## POLENTA WITH SAUSAGE SAUCE

The dried porcini mushrooms add lots of savory flavor, but if you have trouble finding them, you can either replace them with a different dried mushroom or omit them altogether. Different polenta will have different cooking times, some much shorter than 30 minutes, so remove it from the heat as soon as it is soft and cooked to your liking.

### INGREDIENTS:

- 1 oz dried porcini mushrooms
  - 1 tbsp olive oil
  - 2 lb Italian sausage, removed from casing
- 1 small yellow onion, minced
  - 1 celery stalk, minced
  - 1/2 leek, thinly sliced
  - 1 carrot, thinly sliced
  - 2 tbsp tomato paste
  - 1/2 cup water

### Polenta

- 2 qt water
- Salt, as needed
- 2 cups cornmeal (12 oz)
- 1/2 cup (1 stick) unsalted butter
  - 1/2 cup grated Parmigiano-Reggiano (2 oz)
  - 1/4 cup coarsely chopped flat-leaf parsley

1. Place the porcini mushrooms in a bowl and pour boiling water over them. Let them soak for 20 minutes, then drain and coarsely chop them.
2. In a saucepan, heat the oil, then add the sausage. Once the fat of the sausage starts rendering, after about 3 minutes, add the onion, celery, leek, carrot, and the porcini, making sure you break the sausage up as it starts cooking. Cook for 10 minutes longer, then mix the tomato paste with the water and add to the saucepan.
3. Stir well, cover, and cook very slowly for 30 to 40 minutes. If necessary, add a little bit of water during cooking to make sure the sauce doesn't stick to the bottom of the pan.
4. To make the polenta, bring the water to a simmer. Add salt and slowly add the cornmeal, making sure you whisk continuously. Simmer gently for about 30 minutes or until the polenta is done, stirring frequently to make sure the polenta does not stick.
5. Remove the polenta from the heat, adjust seasoning, and add the butter and cheese, if using, mixing vigorously until combined.
6. Add the parsley to the sausage mixture. Serve the polenta and sausage together.

SERVES 4



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# DINNER SHOPPING LIST

## PROTEIN

- 4 skinless cod filets (6 oz each)
- 2 lb mixed seafood (mussels, shrimp, scallops, and/or squid)
- 2 lb Italian sausage

## DAIRY

- 2 oz ricotta salata
- 3/4 cup grated Parmigiano-Reggiano
- 2 sticks unsalted butter

## PANTRY

- 1/2 cup extra-virgin olive oil
- 6 tbsp sesame oil
- 2 quarts shellfish broth
- 2 tbsp tomato paste
- 1 lb rigatoni
- 1 lb Carnaroli rice
- 2 cups cornmeal
- 1/2 lb soba noodles
- 1 loaf rustic bread
- 2 tbsp rice vinegar
- 2 tsp light miso paste
- 1/2 tsp red pepper flakes
- 3 tbsp sesame seeds
- 1 tbsp brandy
- 1 oz dried porcini mushrooms
- Kosher salt
- Ground black pepper

## PRODUCE

- 4 medium yellow onions
- 1 celery stalk
- 1 leek
- 1 clove garlic
- 2 medium shallots
- 4 carrots
- 2 slender eggplants (Japanese, if available; 1 3/4 lb total)
- 2 cups cherry tomatoes
- 4 large tomatoes
- 2 cups snow peas
- 1 bunch scallions
- 1 bunch basil
- 1 bunch flat-leaf parsley

