

WELCOME!

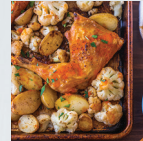
We're tasting some big, bold flavors this week, from Portuguese-inspired Piri Piri Chicken to the mouth-tingling Szechuan-style Mapo Dofu.

Remember that the recipe is just a rough draft. The final plate can be as spicy, peppery, or radish-y as you like — or don't like!

PREP AHEAD

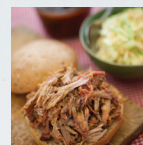
To make your week easier, check through this quick prep list on Sunday to get ahead of the game.

1. Make the Piri Piri sauce for Monday's chicken.
2. Make the pulled pork and the dressing for Tuesday's slaw.
3. Cook the farro for Thursday's grain salad.



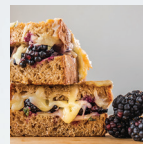
MONDAY

Piri Piri Chicken with Cauliflower and Potatoes



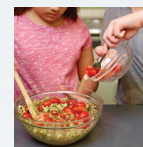
TUESDAY

Pulled Pork Sandwiches with Brussels Sprout Slaw



WEDNESDAY

Fontina and Blackberry Grilled Cheese Sandwiches



THURSDAY

Caprese Grain Salad



FRIDAY

Mapo Dofu





Piri Piri Chicken with CAULIFLOWER AND POTATOES

Piri Piri sauce is garlicky, spicy, and tangy. It's perfect with chicken and veggies, but you can also pair it with grilled meats or even roasted chickpeas (that sounds good stuffed into a pita!).

INGREDIENTS:

- 2 Fresno chiles, stems removed
- 1 red bell pepper, roughly chopped
 - 3 cloves garlic
 - 2 tbsp freshly squeezed orange juice
- 1 tbsp freshly squeezed lemon juice
 - 1 tbsp red wine vinegar
 - 2 tbsp water
 - 1 tbsp olive oil
 - 1 tsp sugar
 - 1 dried bay leaf
 - 1/2 tsp dry oregano
 - Kosher salt, to taste
- Ground black pepper, to taste
- 1 head cauliflower, cut into florets
 - 1 lb 8 oz small Dutch yellow potatoes, halved
 - 1 tbsp vegetable oil
- 4 chicken leg quarters

1. Preheat the oven to 375°F. In a small food processor, combine the chiles, bell pepper, garlic, orange juice, lemon juice, vinegar, water, oil, sugar, bay leaf, and oregano, and blend until smooth. Season with salt and pepper, and set aside.
2. Spread the cauliflower and potatoes on a baking sheet and drizzle with the canola oil. Season with salt and pepper, then toss to coat.
3. Bake until the vegetables are beginning to soften, about 15 minutes. Remove from the oven. Stir the vegetables, and then nestle the chicken in among the vegetables. Season the chicken with salt and pepper, then return to the oven.
4. Bake until the vegetables and chicken are cooked through and golden brown, about 35 minutes more. Drizzle with the sauce and sprinkle with parsley before serving. Serve with the remaining sauce on the side.

SERVES 4



DISH[®]
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PULLED PORK SANDWICHES

This recipe makes enough for 12 sandwiches, so you can freeze half for another night! Instead of sandwiches, try using the leftovers for stuffed baked potatoes, barbecue pizza, or quesadillas.

INGREDIENTS:

- 5 pounds boneless pork butt
 - 3 cups (about 2 large) thinly sliced onions
- 1 (28-oz) can crushed tomatoes
 - 1 tbsp crushed garlic
 - 3 tbsp smoked paprika
 - 1/2 tsp chili powder
- 1/2 tsp dried chipotle or hot pepper
 - 1 1/2 tbsp ground cumin
 - 1 cup apple cider vinegar
 - 3/4 cup light brown sugar
 - 1 1/2 tbsp kosher salt
- Ground black pepper, to taste

SERVES 6

1. Remove the excess fat from the exterior of the pork. It is fine to leave some on, as we will skim off fat later. If the pork is one large piece, cut it into 2 or 3 pieces.
2. Place the onions, tomatoes, garlic, paprika, chili powder, chipotle, cumin, vinegar, brown sugar, and salt into a slow cooker and toss to combine. Add the pork and mix it with the other ingredients. Cover.
3. Set the slow cooker for 8 hours on low. Although the pork will begin to smell really good in about an hour, leave the lid alone. After 4 hours, turn the meat over once, replace the lid, and continue to cook.
4. When the cooking is complete, remove the meat and set aside. Skim any fat along the top of the cooking liquid, or allow the liquid to cool and then remove the fat.
5. Purée the remaining liquid to a sauce-like consistency; it should be thick but smooth.
6. Use two forks to pull the pork into shreds. Season with black pepper.
7. Heat the puréed liquid and add it to the meat as desired, depending on how saucy you like your pulled pork.



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BRUSSELS SPROUT SLAW

The Asian-flavors in the slaw are a surprising accompaniment to traditional American barbecue, but they work. Of course, if you want a more traditional coleslaw, or even just some crunchy potato chips, there is no bad choice!

INGREDIENTS:

- 2 lb Brussels sprouts
- 3/4 cup mayonnaise
- 1/4 cup fresh lime juice
- 2 tbsp plus 1 tsp fish sauce
 - 2 tsp sugar
- 2/3 cup chopped raw peanuts
- 1/2 cup thinly sliced green onions
 - 1/4 cup chopped cilantro

1. Remove any brown leaves from the outside of the Brussels sprouts and trim the bottoms. Using a slicing knife, stainless-steel French mandoline, or plastic Benriner mandoline, thinly slice each sprout, starting at the top and working toward the bottom. You will need about 6 cups of sliced Brussels sprouts.

2. Combine the mayonnaise, lime juice, fish sauce, and sugar in a bowl. Mix to incorporate, then stir in the peanuts, green onions, and cilantro. Toss the dressing with the Brussels sprouts. Refrigerate the slaw until chilled and serve.

SERVES 6



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Fontina and Blackberry GRILLED CHEESE SANDWICHES

Fruit and cheese are a classic combo, so why not apply it to this comfort food favorite? If you can't get your hands on sweet blackberries, this would be just as delicious with raspberries or plums. This is pretty rich, but if you want something on the side, a lightly dressed arugula salad would be just right.

INGREDIENTS:

- 1 pint blackberries
- 1 tbsp chopped thyme
- 8 slices whole grain bread
- 1 lb fontina cheese, shredded
- 1 tbsp butter, plus more as needed

1. Preheat the oven to 350°F. In a medium bowl, combine the blackberries and thyme. Use a fork to lightly mash the berries so that no whole berries remain.

2. Lay 4 slices of bread on your work surface and top each slice with about a quarter of the shredded cheese. Spoon dollops of the mashed blackberries and the cheese (you may not use it all), and then sprinkle the remaining cheese over the blackberries. Place the remaining slices of bread on over the cheese and press lightly.

3. Heat 1 tablespoon of the butter in a skillet over medium heat. Working in batches, if needed, add the sandwiches and cook until the bread is browned and the cheese is beginning to melt, about 3 minutes. Flip the sandwiches, adding more butter, if needed, and cook until the second side is browned and the cheese has melted. If the bread has browned before the cheese is melted, transfer the sandwiches to a baking sheet and place in the oven until the cheese is fully melted. Serve right away.

SERVES 4



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CAPRESE GRAIN SALAD

We love farro for its nutty flavor and chewy texture, but you can make this salad with any other grain, like quinoa, wheat berries, or pearly barley. The simplicity of this dish makes it a perfect weeknight meal, but you can add nuts, grilled chicken, or even some sundried tomatoes for another layer of complexity.

INGREDIENTS:

- 2/3 cups farro
- 1 cup diced mozzarella cheese
- 1 cup grape tomatoes, halved
 - 1/2 cup yellow pear tomatoes, halved
- 1 cup cooked white beans
- 1/2 cup coarsely chopped basil
 - 1 tbsp balsamic vinegar
- 3 tbsp extra-virgin olive oil
 - 1 tsp kosher salt

1. Bring a medium pot of salted water to a boil. Add the farro and cook until tender (it will still be slightly firm, but not hard on the inside), about 25 minutes. Drain, then set aside to cool.
2. In a medium-sized bowl, combine the farro, cheese, tomatoes, and beans. Add the vinegar, olive oil, and salt, and mix to combine.
3. Cover and refrigerate until serving.

SERVES 4



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MAPO DOFU

Tofu will get brown and crisp when stir-fried, but first you have to press it to remove excess moisture. Wrap the block of tofu in paper towels and put it on a plate. Place another plate on top and let set it aside for about 15 minutes to drain.

INGREDIENTS:

- 1 1/4 lb firm tofu
- 1/4 cup canola oil
- 2 tbsp thinly sliced scallion
 - 2 tsp minced ginger
 - 2 tsp minced garlic
- 2 tbsp black bean sauce
- 1 tbsp hot bean paste
- 1 tsp Korean chili powder (optional)
- 1 cup sliced shiitake mushroom
 - 1 cup snow peas, cut in half on the diagonal
- 1 red bell pepper, seeded and cut into strips
 - 1 cup bean sprouts
- 2 tbsp vegetarian oyster sauce
 - 1 tbsp sesame oil
- 2 tbsp minced cilantro
 - Salt, as needed
 - 1/2 tsp Szechuan peppercorn powder
- 2 cups cooked brown rice

1. Press the tofu and cut it into triangles and blot dry. Heat the oil in a wok or deep skillet over high heat until nearly smoking. Add the tofu and fry, turning once or twice, until the tofu is light golden brown on all sides, about 5 minutes. Transfer the tofu to a rack or paper towel and let it drain well. Keep warm.

2. Pour out all but 2 tablespoons of the oil from the wok and return it to high heat. Add the scallions, ginger, and garlic. Stir-fry until aromatic, about 1 minute. Add the black bean sauce, hot bean paste, and chili powder, if using.

3. Add the mushroom caps, snow peas, red pepper, and bean sprouts. Continue to stir-fry until the vegetables are very hot, about 5 minutes.

4. Add the fried tofu, oyster sauce, sesame oil, cilantro, salt, and pepper. Stir-fry until all of the ingredients are very hot, another 3 minutes. Stir in the Szechuan peppercorn powder. Serve immediately on heated plates, accompanied with steamed rice if desired.

SERVES 4



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DINNER SHOPPING LIST

PROTEINS

- 1 1/4 lb firm tofu
- 4 chicken leg quarters
- 5 lb boneless pork butt

DAIRY

- 1 lb fontina cheese
- 8 oz mozzarella cheese
- 1 tbsp butter

SPICES

- 3 tbsp smoked paprika
- 1 1/2 tbsp ground cumin
- 1 tsp Korean chili powder
- 1 dried bay leaf
- 1/2 tsp chili powder
- 1/2 tsp dry oregano
- 1/2 tsp Szechuan peppercorn powder

PANTRY

- 1/4 cup olive oil
- 1/3 cup vegetable oil
- 1 tbsp sesame oil
- 3/4 cup mayonnaise
- 1 tbsp red wine vinegar
- 1 tbsp balsamic vinegar
- 3 tbsp fish sauce
- 2 tbsp black bean sauce
- 1 tbsp hot bean paste
- 2 tbsp vegetarian oyster sauce
- 1 (28 oz) can crushed tomatoes
- 1 can white beans
- 1 cup brown rice
- 2/3 cups farro
- 3/4 cup light brown sugar
- 1 tbsp sugar
- 2/3 cup chopped peanuts
- 8 slices whole grain bread
- Kosher salt
- Ground black pepper

PRODUCE

- 2 large yellow onions
- 2 Fresno chiles
- 2 red bell peppers
- 1 head garlic
- 1 (2-in) piece ginger
- 1 head cauliflower
- 1 1/2 lb small Dutch yellow potatoes
- 2 lb Brussels sprouts
- 1 cup grape tomatoes
- 1/2 cup yellow pear tomatoes
- 1 bunch green onions
- 1 cup snow peas
- 1 cup bean sprouts
- 1 bunch cilantro
- 1 bunch basil
- 1 bunch thyme
- 1 pint blackberries
- 1 orange
- 1 lemon

