

WELCOME!

This week we're going a little off routine to cook both mussels and duck! If you're a first-timer for either, don't get stressed. They're easy, hard to ruin, and worth every bit of (minimal) effort.

Of course, we've offered some alternatives that are easier to get your hands on. As usual, these recipes are just starting points, so choose whatever ingredients will be tastiest and most convenient for your family.

PREP AHEAD

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

1. Clean your mussels. Keep them refrigerated on ice.
2. Prep your peppers and store them in a zip-top bag.
3. Make the squash soup all the way through. Whip the ginger cream right before serving.
4. Blanch and chop the spinach for the saag paneer.



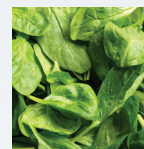
MONDAY
Cavatelli with Mussels and Potatoes



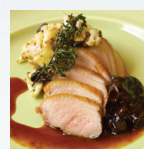
TUESDAY
Sausage with Sweet and Sour Peppers



WEDNESDAY
Squash Soup with Ginger Cream



THURSDAY
Saag Paneer



FRIDAY
Duck Breast with Caramelized Cauliflower





CAVATELLI WITH MUSSELS AND POTATOES

If you can't find nice mussels at your local store, you can easily substitute clams. If neither are available, you can use shrimp. They cook very quickly, so keep an eye on them and remove them from the liquid as soon as they're opaque all the way through.

INGREDIENTS:

- 1/2 cup plus 2 tbsp extra-virgin olive oil
- 3 garlic cloves, lightly crushed
 - 1 lb mussels, scrubbed and debearded
 - 1/2 cup dry white wine
 - 1 cup water
 - 1 tsp sea salt
 - 1 red chile
- 2 or 3 fresh canned peeled plum tomatoes, seeded, and drained
 - 1 medium yellow potato, sliced (8 oz)
 - Salt, as needed
 - 1 lb cavatelli
- 1/2 cup grated Pecorino Romano
- 3 tbsp chopped flatleaf parsley

1. Heat 1/4 cup of the oil and 2 of the garlic cloves in a wide pan over medium heat. As soon as the garlic starts to turn a light golden color, add the mussels, wine, water, and salt. Cover the pot tightly and let the mussels steam until they are all open, 5 to 6 minutes. Lift the mussels from the cooking liquid. Reserve the cooking liquid. Pick the meat from the shells and set aside.


2. In a clean large pan, heat the remaining olive oil over medium heat. Add the remaining garlic clove and the chile. As soon as the garlic gets some color, after about 1 minute, add the tomatoes, the cooking liquid from the mussels, and the potato. Simmer slowly over low heat until the potato is tender, 25 to 30 minutes.

3. Fill a large pot about two-thirds full with cold water and add enough salt to make the water taste salty. Bring the water to a boil over high heat. Add the cavatelli and stir once or twice to keep them separate. Cook until al dente. Drain the cavatelli in a colander, shaking off any excess water, and then add the cavatelli to the sauce. Keep stirring over low heat until the sauce coats the pasta, about 2 minutes. Add the reserved mussels, the cheese, and the parsley. Serve at once

SERVES 4



DISH[®]
EAT. DRINK. DISCOVER.



SAUSAGE WITH SWEET AND SOUR PEPPERS

Serve the sausage and peppers with a loaf of crusty bread, for a simple dinner, or use it to fill soft rolls, tossed with pasta, over polenta, or with roasted potatoes. Use whichever style of sausage you like, whether it's pork, beef, or turkey.

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 loaf crusty bread, like ciabatta or sourdough, for serving

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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SQUASH SOUP WITH GINGER CREAM

Use whatever hard-skinned squash that you can find, like butternut, pumpkin, calabaza. For a vegan version, use olive oil instead of butter, omit the milk and whipped cream garnish. Add 1 cup of raw cashews in Step 2, which will make the blended soup creamy.

INGREDIENTS:

- 2 tsp butter
- 2 garlic cloves, minced
- 1 1/4 cups chopped leek
 - 1/2 cup diced celery
- 2 tsp minced fresh ginger
- 5 cups vegetable broth
- 3 cups diced hard-skinned squash
 - 1 cup sliced sweet potato
 - 1 small piece cinnamon stick
- 1/4 tsp freshly grated nutmeg,
or to taste
 - 1/2 cup dry white wine
- 1/2 cup evaporated skim milk
- 2 tsp freshly squeezed lime juice
 - 1/2 tsp salt, or to taste
- 1/2 cup heavy cream, chilled

1. Heat the butter in a soup pot over medium heat. Add the garlic, leek, celery, and half of the ginger. Cook, stirring occasionally, until the leek and celery are softened, 8 to 10 minutes.
2. Add the broth, pumpkin, sweet potato, cinnamon stick, and nutmeg. Bring to a simmer and cook until the pumpkin is very tender, about 30 minutes.
3. Remove and discard the cinnamon stick. Purée the soup until quite smooth. Strain through a fine sieve for an exceptionally smooth texture, if you wish.
4. Return the soup to medium heat. Add the wine, milk, lime juice, and the salt to taste. Stir to combine well and reheat the soup to just below a simmer.
5. Whip the chilled heavy cream to medium peaks and fold in the remaining ginger. Serve the soup in heated bowls, garnished with a dollop of ginger-flavored cream.

SERVES 6 TO 8



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SAAG PANEER

You can find paneer (a heat-tolerant cheese) in most well-stocked grocery stores these days, but if not, check your local Asian market. In a pinch, you can stir in some ricotta, but it's not a perfect substitute. If you don't like spice, don't add the Thai chile. It's hot!

INGREDIENTS:

- 4 lb spinach, washed
- 1/2 cup vegetable oil
- 1 1/2 cups chopped onion
 - 2 tbsp ground cumin
 - 2 tsp turmeric powder
 - 1 tsp garam masala
- 1 tsp Korean chili powder
- 1 tbsp ground coriander
- 5 garlic cloves, chopped
- 2 tbsp chopped ginger
- 1 Thai bird chili, chopped (optional)
 - 1 lb chopped tomatoes
 - Kosher salt, as needed
- 1 lb cubed paneer cheese
 - 1 cup Greek yogurt
 - Sugar, as needed
- Freshly ground black pepper, as needed
- 3 cups cooked Jasmine rice, for serving

1. Prepare an ice-water bath. Bring a large pot of salted water to a boil. Blanch the spinach until just wilted and then shock in the ice water. Drain the spinach and squeeze out the excess moisture. Coarsely chop the spinach and reserve.

2. Heat the oil in a large sauté pan over medium-high heat and add the onion. Cook until slightly brown and then add the cumin, turmeric, garam masala, chili powder, and coriander.

3. Reduce the heat to low. Cook for 2 minutes more, then add the garlic, ginger, and chopped chile. Cook until the garlic is fragrant, about 1 minute more. Add the tomatoes and cook for 5 minutes. When the tomatoes are cooked, add the spinach. Season with salt.

4. Cook, stirring, until the flavors of the spices have blended, about 5 minutes. Cover and cook for 3 minutes more. Add the cheese and cook for 4 minutes more. Stir in the yogurt. Adjust the seasoning with sugar, pepper, and additional salt, if necessary, and serve.

SERVES 6



DISH[®]
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DUCK BREAST WITH CAMELIZED CAULIFLOWER

Duck is no more challenging to cook than chicken, so this is a perfectly simple Friday night meal! The key to this, and most other duck recipes is giving the skin-side plenty of time to crisp. If you would prefer, you can also use skin-on chicken thighs, but you may need to add additional oil to cook the cauliflower.

INGREDIENTS:

- 4 Pekin duck breasts or
2 moulard duck breasts
(they will be twice the size of
the Pekin breasts)
 - Salt, as needed
- Freshly ground black pepper,
to taste
 - 2 tbsp olive oil
 - 3 thyme sprigs
- 1/2 head cauliflower,
sliced into 1/4-inch pieces
 - 2 shallots, diced
- 1 tbsp balsamic vinegar
 - 1 cup chicken broth
 - 16 prunes

1. Preheat the oven to 200°F.

2. Place the duck in a baking dish and season with salt, pepper, and olive oil. Add the thyme sprigs, place the duck breasts on top of the thyme, and set aside for 30 minutes.

3. In a sauté pan over medium-low heat, place the duck

breasts, skin side down, and cook so that the layer of fat renders out. Continue to sauté until the skin is golden brown, about 12 minutes, then turn the breasts over and add the thyme sprigs to the pan. Continue to cook until the internal temperature registers 135°F, about 4 minutes. Remove the duck from the pan, transfer to a baking sheet and place in the oven to keep warm.

4. Add the cauliflower to the pan with the duck fat and cook over medium heat until golden brown around the edges, about 5 minutes. Add the shallots and continue to cook until they are soft and light golden brown, about 2 minutes. Transfer the cauliflower to a plate and set aside.

5. Add the vinegar to the pan and cook over medium heat until the liquid is syrupy, about 3 minutes. Add the broth and prunes and continue cooking until the mixture has reduced to approximately 1/2 cup.

6. Remove the duck from the oven and allow them to rest at room temperature for 5 minutes. Slice the duck and serve with the cauliflower and prune sauce.

SERVES 4



DISH[®]
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DINNER SHOPPING LIST

PROTEINS

- 1 lb mussels
- 1 lb Italian sausage
- 4 Pekin duck breasts
(or 2 moulard)

DAIRY

- 2 tsp butter
- 1/2 cup heavy cream
- 1 lb paneer cheese
- 1 cup Greek yogurt
- 1/2 cup grated
Pecorino Romano

PANTRY

- 1 cup olive oil
- 1/3 cup red wine vinegar
- 1 tbsp balsamic vinegar
- 1 cup dry white wine
- 1 lb cavatelli pasta
- 1 1/2 cups Jasmine rice
- 1 loaf crusty bread,
like ciabatta or sourdough
- 1 (15 oz) can peeled
plum tomatoes
- 5 cups vegetable broth
- 1 cup chicken broth
- 16 prunes
- 1 tbsp honey
- 1 tbsp sugar
- 1/2 cup evaporated
skim milk
- 2 tbsp ground cumin
- 1 tbsp ground coriander
- 2 tsp turmeric
- 1 tsp garam masala
- 1 tsp Korean chili powder
- 1/4 tsp ground nutmeg
- Kosher salt
- Black pepper

PRODUCE

- 1 large yellow onion
- 2 shallots
- 2 leeks
- 2 stalks celery
- 8 garlic cloves
- 2 (2-in) pieces ginger
- 4 bell peppers
(any color)
- 1 lb Roma tomatoes
- 4 lb spinach
- 1 red chile
- 1 Thai chile (optional)
- 1/2 head cauliflower
- 1 medium yellow potato
- 3 cups diced
hard-skinned squash
- 2 limes
- 1 bunch parsley
- 1 bunch thyme

