

WELCOME!

Any week that starts with polenta and ends with pancakes is a good week to us!

There are lots of opportunities for customization this week. Substitute the prosciutto in Monday's polenta bake with cooked Italian sausage, make chicken or even tilapia schnitzel instead of pork, or add Buffalo-style sauce and broccoli to your mac and cheese!

PREP AHEAD

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

1. Prepare the polenta bake through Step 5.
2. Make Tuesday's vinaigrette.
3. Prepare the mac and cheese. Wait to add the breadcrumbs until you serve it.



MONDAY

Sun-dried Tomato Polenta Bake



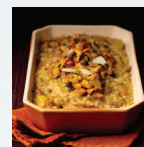
TUESDAY

Pork Schnitzel with Tender Green Salad



WEDNESDAY

Classic Mac and Cheese



THURSDAY

Israeli Couscous Risotto with Pumpkin



FRIDAY

Buttermilk Pancakes





SUN-DRIED TOMATO POLENTA BAKE WITH PROSCIUTTO

Prosciutto cotto is the cooked variety of prosciutto, more like typical ham than the dried variety we see on charcuterie boards. We like it here because it feels a little more substantial for this breakfast dish, but you can use whatever style you like best.

INGREDIENTS:

- 2 (7 oz) jars sun-dried tomatoes packed in oil
 - 5 cloves garlic
 - 1/2 cup basil leaves (about 12 large leaves)
 - 1/2 cup walnut halves
- 4 oz prosciutto cotto, thinly sliced
 - 4 cups water
 - 2 cups heavy cream
 - 1 tsp kosher salt
- 1 1/2 cups quick-cooking polenta
- 3 tbsp grated Parmesan, divided, plus more for serving
 - 6 eggs
- Ground black pepper, as needed

1. In a food processor, combine the tomatoes (including their oil), garlic, basil, and walnut halves. Process until a fine paste is formed. Set aside.

2. Preheat the oven to 400°C. Butter a 9- by 13-inch baking dish.

3. Bring the water, cream, and salt to a simmer over medium heat. Slowly stream in the polenta, stirring constantly. Continue stirring until the polenta has thickened slightly and all of the cream is incorporated, about 1 minute. The polenta will still seem a bit runny.

4. Transfer the polenta to the prepared baking dish and top with 1 cup of the prepared sun-dried tomato mixture, in dollops. Stir the tomato mixture into the polenta so that it is mostly incorporated. Sprinkle with 2 tablespoons of the parmesan.

5. Tear the prosciutto into rough pieces and tuck them into the polenta mixture. Use the back of a spoon to create 6 small pockets in the polenta, then crack the eggs into the pockets. You may wish you crack the egg into a small glass or bowl first.

6. Sprinkle the eggs with the remaining cheese and black pepper. Bake, turning the dish halfway through, if necessary, until the eggs are set to your desired doneness, about 7 minutes for medium. Serve right away with the extra sun-dried tomato mixture and Parmesan cheese.

SERVES 6



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SCHNITZEL WITH TENDER GREEN SALAD

We make a simple shallot vinaigrette, but you can use whatever you like best to dress yours. Chicken breast can be substituted for the pork, or even fillets of flounder or tilapia. Since everything is set up, you could make a few extra pieces of pork to serve on sandwiches later in the week.

INGREDIENTS:

- 1 small shallot, roughly chopped
 - 2 tbsp red wine vinegar
 - 2 tsp Dijon mustard
- 1/4 cup extra-virgin olive oil
 - Kosher salt, to taste
- Ground black pepper, to taste
 - Honey, to taste
- 4 thick-cut boneless pork chops, pounded to about 1/4-inch thick
 - 1 1/2 cups all-purpose flour, plus more as needed
 - 3 eggs
 - 2 to 3 cups bread crumbs
 - 1/4 cup vegetable oil, or as needed for frying
 - 2 heads butter lettuce, torn into pieces
- 3 Persian cucumbers, thinly sliced
- 4 red radishes, very thinly sliced
 - 4 lemon wedges, for serving
- Flaky finishing salt, for serving

1. In a small food processor, combine the shallot, vinegar, and mustard. Pulse until smooth. With the machine running, slowly stream in the olive oil to form a smooth emulsion. Season with salt and pepper, and add honey. Set aside.

2. Place the flour, eggs, and bread crumbs in three separate shallow bowls. Season all three bowls with salt and pepper. Beat the eggs well.

3. Bread the pork dredging in the flour until well coated, then in the egg wash, and then in the breadcrumbs. Repeat with the remaining pork; transfer to a platter as done.

4. Heat the oil in a large skillet over medium-high heat, adding more as needed for the bottom of the skillet to be completely covered by about 1/8-inch. Place a rack inside a baking sheet or line with layers of paper towel.

5. When the oil is shimmering, add the breaded pork, working in batches as needed to avoid crowding the pan, and cook until the pork is browned on both sides, about 3 minutes on each side. Transfer the pork to the prepared baking sheet.

6. In a large serving bowl, combine the lettuce, cucumbers, and radishes. Dress the salad to your preference (you may not use it all) and toss gently to combine.

7. Serve the schnitzel with the salad. Squeeze the lemon over the pork and sprinkle with finishing salt, if you like.

SERVES 4



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CLASSIC MAC AND CHEESE

As the name suggests, this is a very classic mac and cheese, but it's easy to jazz up, if you're inspired. Experiment with different types of cheese or add-ins like buffalo sauce, ham, broccoli, or even crispy bacon. If you like a creamier, unbaked version, skip the bread crumb and baking step.

INGREDIENTS:

- 3 tbsp plus 2 tsp kosher salt
 - 2 quarts water
 - 8 oz elbow macaroni
- 3 tbsp unsalted butter
- 5 tbsp all-purpose flour
 - 3 cups whole milk
- 1/2 tsp sweet or smoked Spanish paprika
 - 1 bay leaf
- 5 cups shredded sharp Cheddar cheese
 - 1/4 tsp Tabasco sauce
- 1/2 tsp cracked black pepper
- 1/4 cup panko bread crumbs

1. Preheat the oven to 375°F. Bring 3 tablespoons of the salt and the water to a boil over high heat. Add the pasta and boil until tender but not completely cooked, 7 to 9 minutes. Drain the pasta in a colander.

2. While the pasta is cooking, melt the butter in a separate pot over medium heat. Stir in the flour, and cook, stirring, until there are no lumps and the mixture has cooked through, about 5 minutes. Be careful not to develop any brown color. Stir in the milk, paprika, and bay leaf. Increase the heat to establish a simmer, and simmer for 10 to 15 minutes, until the sauce has thickened. Remove and discard the bay leaf.

3. Add 4 1/2 cups of the cheese to the sauce in batches, about 1 cup at a time, waiting until most of the cheese has melted before adding the next batch. Do not allow the sauce to boil. Add the Tabasco, pepper, and remaining 2 teaspoons salt.

4. Combine the macaroni with the cheese sauce and mix well to coat. Pour the mixture into a 2-quart baking dish, and sprinkle with the remaining 1/2 cup cheese. Sprinkle the bread crumbs over the cheese and transfer the baking dish to the oven. Bake until the cheese is bubbling around the edges and the bread crumb crust on top has become golden brown and crunchy, 20 to 30 minutes. Allow the mac and cheese to set for 5 to 10 minutes before serving.

SERVES 6 TO 8



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COUSCOUS RISOTTO WITH PUMPKIN

This risotto uses chantarelle mushrooms, which are known for their earthy flavor and vibrant color. They can be expensive and hard to come by, so use any mushroom you like.

INGREDIENTS:

- 2 shallots, finely chopped
 - 1/4 cup olive oil
- 2 cups chanterelle mushrooms, washed, dried, and diced
 - Kosher salt, to taste
- Ground black pepper, to taste
 - 2 cups peeled and diced fresh pumpkin or other hard-skinned squash
- 1 tbsp extra-virgin olive oil
- 1 shallot, finely chopped
- 2 cups Israeli couscous
- 1 quart vegetable broth
- 6 sage leaves, finely chopped
- 1 thyme sprig, finely chopped
 - 1 tbsp kosher salt
- Freshly ground black pepper, to taste
 - 1/4 cup shaved Parmigiano-Reggiano

1. To prepare the vegetables: Preheat the oven to 350°F.

2. In a large sauté pan, sauté 1 of the shallots in 2 tablespoons of the olive oil over medium heat until translucent. Add the mushrooms and cook until they are caramelized, 8 to 10 minutes. Season with salt and pepper.

3. On a sheet pan, toss together the remaining shallot, the remaining olive oil, and the diced pumpkin and roast in the oven until caramelized and tender, about 15 minutes.

4. To make the couscous: Heat the oil in a small sauce pot over moderate heat, add the shallot, and cook until aromatic, 1 to 2 minutes.

5. Add the couscous and cook gently for a few minutes until it is “parched” and smells lightly toasted. (Parching is a method that makes the product absorb the liquid more easily.) Add the broth in small additions and stir until it has evaporated and the couscous looks a bit dry. Turn off the heat.

6. Stir in the pumpkin, mushrooms, sage, and thyme. Just before serving, season with salt and pepper. Serve the cheese on the side, if using.

SERVES 5



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BUTTERMILK PANCAKES

Brinner (or breakfast-for-dinner) is the best sometimes treat. We're serving our pancakes with fresh fruit and crispy bacon, but when you serve breakfast at dinnertime, anything goes! Choose whatever fruit is the ripest when you're at the market.

INGREDIENTS:

- 1 1/2 cups all-purpose flour
 - 2 tbsp sugar
- 1/2 tsp baking powder
 - 1/4 tsp baking soda
 - 1/4 tsp kosher salt
- 1 3/4 cups buttermilk
 - 2 large eggs
- 3 tbsp unsalted butter, melted and cooled slightly
 - Vegetable oil, as needed for the pan
 - 1 lb bacon, cooked
- Chopped mixed fruit, for serving
 - Maple syrup, for serving

1. Sift the flour, sugar, baking powder, baking soda, and salt into a bowl and set aside.
2. In a separate bowl, blend the buttermilk, eggs, and butter. Add the buttermilk mixture to the flour mixture and stir by hand just until the batter is evenly moistened.
3. Heat a large nonstick skillet or griddle over medium-high heat. Grease it lightly by brushing with oil. Drop the pancake batter onto the hot skillet by large spoonfuls (2 to 3 tablespoons). Leave about 2 inches between the pancakes to allow them to spread and to make turning them easier.
4. Cook on the first side until small bubbles appear and then break on the upper surface of the pancakes and the edges are set, about 1 minute.
5. Use an offset spatula or a palette knife to turn the pancakes and finish cooking on the second side, 1 to 2 minutes more. Adjust the heat as needed to produce a golden brown color. Serve with the bacon, fruit, and maple syrup.

SERVES 6



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DINNER SHOPPING LIST

PROTEINS

- 4 thick-cut boneless pork chops
- 1 lb sliced bacon
- 4 oz prosciutto cotto

DAIRY

- 11 eggs
- 6 tbsp unsalted butter
- 3 tbsp grated Parmesan
- 1/4 cup shaved Parmigiano-Reggiano
- 5 cups shredded sharp Cheddar
- 1 3/4 cups buttermilk
- 3 cups whole milk
- 2 cups heavy cream

PANTRY

- 3/4 cup olive oil
- 1/2 cup vegetable oil
- 2 tbsp red wine vinegar
- 1 quart vegetable broth
- 1/4 tsp Tabasco sauce
- 2 tsp Dijon
- 2 (7 oz jars) sun-dried tomatoes in oil
- 2 cups Israeli couscous
- 8 oz elbow macaroni
- 1 1/2 cups quick-cooking polenta
- 1/4 cup panko bread crumbs
- 3 1/2 cups all-purpose flour
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/2 cup maple syrup
- 2 tbsp sugar
- 1 tsp honey
- 1/2 cup walnut halves
- 1/2 tsp sweet or smoked Spanish paprika
- 1 bay leaf
- 1 tsp flaky sea salt
- Kosher salt
- Black pepper

PRODUCE

- 4 shallots
- 5 cloves garlic
- 1 small pumpkin or hard-skinned squash
- 3 Persian cucumbers
- 4 red radishes
- 2 cups chantarelle mushrooms
- 2 heads butter lettuce
- Assorted fruits, for pancakes
- 1 lemon
- 1 bunch basil
- 1 bunch sage
- 1 bunch thyme

