



# WELCOME!

Monday's Red Pepper Soup is made with sumac, a popular Middle Eastern spice that is tart and unexpectedly lemony. Buy it for this soup, but use it leftovers in vinaigrettes, sprinkled on hummus, or tossed with popcorn.

If you have leftover braised beef on Tuesday, freeze it for an easy weeknight dinner down the road, or turn it into a shepherd's pie! Shred the meat, mix it with cooked veggies, and top with leftover mashed potatoes or freshly mashed sweet potatoes.

## PREP AHEAD

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

1. Make the Red Pepper Soup
2. Make the braised beef. It's better after a few days!
3. Make the pesto for Wednesday. Cover it with a layer of olive oil to prevent browning.
4. Make the piri piri sauce for Thursday's dinner.



### MONDAY

**Red Pepper Soup with Sumac**



### TUESDAY

**Beef Braised in Beer and Onions with Mashed Potatoes**



### WEDNESDAY

**Pasta with Pesto**



### THURSDAY

**Piri Piri Chicken with Cauliflower and Potatoes**



### FRIDAY

**Smashed Chickpea Toast**







## RED PEPPER SOUP

**If you can't find lemon verbena leaves, you can substitute 1 stalk lemongrass cut into 2-inch sticks. It is best to crush the lemongrass sticks with a mallet and tie them into a bundle with kitchen twine so that it is easy to pull them out of the pot later.**

### INGREDIENTS:

#### Soup

- 2 tbsp olive oil
- 2 small yellow onions, sliced
  - 4 red bell peppers, seeded and sliced
  - 8 lemon verbena leaves
- 3 cups vegetable or chicken broth
  - 1 tbsp ground sumac
    - Salt, to taste
- Ground black pepper, to taste

#### Garnish

- 1 cup plain Greek-style yogurt
  - Lemon zest, to taste
  - 2 tbsp chopped chives
- 6 small lemon verbena leaves
  - 1 tsp ground sumac

1. To make the soup: Heat the olive oil in a soup pot over medium heat. Add the onions and sauté until translucent with no color, about 5 minutes. Add the bell peppers and lemon verbena leaves and continue to cook until both are somewhat soft.

2. Add the broth and increase the heat to bring it to a full boil. Skim off any foam that rises to the surface, then reduce the heat to establish a simmer. Add the sumac and continue to simmer for 30 minutes. Season the soup with salt and pepper and allow it to cool completely.


3. Remove the lemon verbena leaves and process the soup in a blender until smooth. Chill in the refrigerator overnight.

4. Serve the soup in chilled bowls. Garnish each bowl with a dollop of yogurt lemon zest, chives, and a lemon verbena leaf, and sprinkle lightly with the ground sumac.

SERVES 4



**DISH**  
EAT. DRINK. DISCOVER.



## Beef Braised in BEER AND ONIONS

**This may seem like a lot of onions, and it is! But through braising, the onions will become tender and sweet, giving the dish a deep richness, like French onion soup (but even better). Use an extra pint of beef broth in place of the beer, if you prefer.**

### INGREDIENTS:

- 2 pounds boneless chuck pot roast
  - 3/4 tsp kosher salt
  - 1/2 tsp ground black pepper
  - 1 tbsp all-purpose flour
  - 2 tbsp canola oil
  - 4 medium onions, sliced
    - 5 garlic cloves,  
4 minced and 1 whole
- 1 quart low-sodium beef broth
  - 1 pint dark beer
- One 14.5-ounce can low-sodium diced tomatoes
  - 1/2 small onion, chopped
  - 1 small carrot, chopped
  - 1 stalk celery, chopped
  - 1 small parsnip, chopped
    - 1 bay leaf
    - 1 parsley sprig
    - 1 thyme sprig
  - 3 black peppercorns
- Arrowroot slurry (optional)

1. Preheat the oven to 350°F.

2. Season the meat with the salt and pepper and dredge in the flour. Heat the canola oil in a heavy Dutch oven over medium high heat. Sear both sides of the meat and set aside.

3. Reduce heat to medium, and add the sliced onions to the Dutchoven and brown slowly, 15 to 20 minutes. Add the minced garlic and continue to cook until the garlic is soft. Return the meat to the pan and add the beef broth, beer, and tomatoes.

4. Cover and braise in the oven, about 1 1/2 hours.

5. Tie the whole garlic clove, the chopped onion, carrot, celery, parsnip, bay leaf, parsley, thyme, and peppercorns in cheesecloth to make a sachet and add to the stew.

6. Allow the stew to braise until the meat is fork tender, about 30 minutes more. Cool the stew and chill overnight. Skim the solid fat off the top of the stew before rewarming to serve. (If desired, you can thicken the stew with a paste of 1 teaspoon arrowroot and 1 tablespoon water.)

SERVES 8



**DISH**  
EAT. DRINK. DISCOVER.





# MASHED POTATOES

These are classic, buttery potatoes, but you can make substitutions if you're looking for something a bit more wholesome. Blend in soaked raw cashews or steamed cauliflower in place of the dairy products, if you like. You'll be surprised by how creamy the finished product is!

## INGREDIENTS:

- 2 1/4 pounds Russet potatoes, peeled and quartered
  - 3/4 cup butter
  - 1 cup milk
  - 1 cup heavy cream
  - 1 1/2 tsp salt, or to taste
- 3/4 tsp ground black pepper, or to taste

1. Bring a large pot of water to boil. Cook the potatoes until tender, about 20 to 25 minutes.
2. While the potatoes are boiling, melt the butter and add the milk and cream. Keep warm.
3. Drain the potatoes and return them to the heat. Add the cream mixture and mash the potatoes using a potato masher or a hand blender. Season the potatoes with salt and pepper. Serve immediately.

SERVES 6



**DISH**  
EAT. DRINK. DISCOVER.



## PASTA WITH PESTO

**Leftover pesto is a great freezer item. Store it in a zip-top bag and then defrost it to stir into soups, for a marinade, or for another batch of pasta.**

### INGREDIENTS:

#### Pesto

- 3 tbsp pine nuts
- 1 small garlic clove
- Kosher salt as needed
- 3/4 cup extra-virgin olive oil, plus as needed
- 8 oz basil leaves (about 4 cups loosely packed leaves)
- 1/2 cup grated Pecorino Romano
  - 1/2 cup grated Parmigiano-Reggiano
- Kosher salt, as needed
- 1 lb trenette, bavette, or linguine
  - 1 cup diced potatoes
- 1 1/2 cups trimmed green beans, cut into 1-inch lengths
- 1 cup pesto, or as needed
  - Toasted pine nuts, for garnish (optional)

1. For the pesto, add all the ingredients to the bowl of the processor and purée just until a paste forms. Store in a jar, covered, with extra-virgin olive oil, for up to 3 days
2. Bring a large pot of salted water to a rolling boil; covering the pot will help it come to a boil more quickly.
3. Add the trenette all at once and stir a few times to separate the pasta. Add the potatoes and green beans 2 minutes after adding the pasta. Cook uncovered at a boil until the pasta and the potatoes are just tender to the bite, 10 to 12 minutes.
4. Transfer a few ladlefuls of pasta water from the pot to a bowl or cup to have ready for finishing the sauce. (You may need up to 1/2 cup.)
5. Drain the pasta and vegetables immediately through a colander. Shake well to remove any water clinging to the pasta. Pour the drained pasta and vegetables into a large serving bowl.
6. Add the pesto to the trenette and toss together until the pasta is evenly coated. The pesto should appear creamy, not oily. If necessary, add a bit of the reserved pasta water.
7. Garnish the dish with a few toasted pine nuts if desired. Serve at once.

SERVES 4



**DISH**  
EAT. DRINK. DISCOVER.





# PIRI PIRI CHICKEN

**Piri piri sauce is spicy, but if you prefer something milder, substitute another red bell pepper for the Fresno chiles. Use breasts or even drumettes instead of the chicken quarters, if you like.**

## 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 dried 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.



## SMASHED CHICKPEA TOASTS

**Don't be intimidated by the pickled fennel. It takes just a few minutes to throw together, and it packs a big bunch in the finished dish. Leave out the chiles if you aren't up for spice.**

### INGREDIENTS:

Pickled Fennel

- 1/2 cup cider vinegar
  - 1/2 cup water
  - 1 tablespoon sugar
  - 1 teaspoon 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, like sour-dough or rye 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



# DINNER SHOPPING LIST

## PROTEIN

- 2 lb boneless chuck pot roast
- 4 chicken leg quarters

## DAIRY

- 1 cup plain Greek yogurt
- 1 cup milk
- 1 cup heavy cream
- 3/4 cup butter
- 1/2 cup grated Pecorino Romano
- 1/2 cup grated Parmigiano-Reggiano

## PANTRY

- 1 cup olive oil
- 3 tbsp canola oil
- 1 tbsp red wine vinegar
- 1 cup cider vinegar
- 3 cups vegetable or chicken broth
- 1 quart low-sodium beef broth
- 1 (15 oz) can chickpeas
- 2 tbsp tahini
- 1 (14.5 oz) can low sodium diced tomatoes
- 1 lb trenette, bavette, or linguine pasta
- 1 pint dark beer
- 1 tbsp sugar
- 1 tbsp all-purpose flour
- 1 tsp arrowroot (optional)
- 1 loaf crusty bread
- 1/3 cup pine nuts
- 2 tbsp ground sumac
- 3 bay leaves
- 1/2 tsp dry oregano
- Kosher salt
- Black pepper

## PRODUCE

- 6 yellow onions
- 1 shallot
- 1 carrot
- 1 stalk celery
- 1 parsnip
- 1 head garlic
- 5 red bell peppers
- 3 Fresno chiles
- 1 bulb fennel
- 3 lb Russet potatoes
- 1 lb 8 oz Dutch yellow potatoes
- 1 head cauliflower
- 1 1/2 cups green beans
- 1 bunch lemon verbena (or 1 stalk lemongrass)
- 2 lemons
- 1 orange
- 1 bunch chives
- 1 bunch parsley
- 1 bunch thyme

