



WELCOME!

It may not be cold everywhere this week, but it's cold where we are (even on our Texas campus!), so we are looking for warm and cozy dinners to get us through this freeze.

All of these dishes will hold well, so feel free to reorganize the menu to suit your schedule.

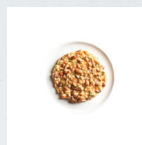
PREP AHEAD

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

1. Make the sauce for Monday's wings.
2. Make Thursday's stew. It will just get better while you wait to enjoy it.



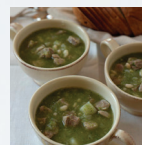
MONDAY
Honey-Sriracha Wings with Garlic Cheese Grits.



TUESDAY
Risotto with Vegetables, Beans, and Salami



WEDNESDAY
Matzo Brei



THURSDAY
New Mexican Green Chile Stew



FRIDAY
Tomato, Chicken, and Feta with Whole Wheat Fettuccine





HONEY—SRIRACHA WINGS WITH GRITS

This sweet and spicy wing sauce is the perfect complement to rich and creamy grits. Here, we're tossing it with grilled chicken wings, but you can use the sauce on chicken breasts, shrimp, or even roasted cauliflower.

INGREDIENTS:

- 4 lb chicken wings and drumettes
 - Kosher salt, as needed
- Freshly ground black pepper, as needed
 - 1/3 cup Sriracha
 - 1/3 cup honey
- 1/4 cup freshly squeezed lime juice
- 2 tsp kosher salt
 - 1 quart water
- 1 cup coarse grits
 - 3/4 cup butter
- 2 1/2 cups grated sharp Cheddar cheese
- 1/4 tsp freshly ground black pepper, or to taste

1. For the chicken, preheat the oven to 350°F. Place the chicken wings in one layer on two baking sheets. Season with salt and pepper. Bake until the chicken is cooked through, about 20 minutes.
2. Meanwhile, combine the Sriracha, honey, and lime juice. Transfer the wings to a large bowl and toss with the sauce.
3. Prepare a grill for medium-high heat cooking. Grill the chicken wings until they are heated through and charred around the edges, about 5 minutes. Brush with additional sauce, if you like. Serve right away.
4. For the grits, add the salt to the water and bring to a rolling boil. Stir the grits into the water and simmer until thick, 10 to 12 minutes.
5. Remove from the heat and stir in the butter, cheese, and black pepper until melted and thoroughly combined.

SERVES 6



DISH[®]
EAT. DRINK. DISCOVER.



RISOTTO WITH VEGETABLES, BEANS, AND SALAMI

Though a lot of flavor in this dish comes from the cured meat ingredients, you can omit them for a vegetarian version. If you can't find borlotti beans, you can use kidney or pinto, as well.

INGREDIENTS:

- 1 qt chicken or vegetable broth
 - 2 oz pancetta, cut into small dice
- 1 medium yellow onion, minced
 - 3 oz salami, diced
- 10 oz (1 1/2 cups) Carnaroli or Vialone Nano rice
 - 1/2 cup dry white wine
 - 1 1/2 cups cooked fresh or dried borlotti beans
 - 1/4 cup canned crushed San Marzano tomatoes
- 2 oz (1/4 cup) unsalted butter
- 1/2 cup chopped flat-leaf parsley
 - 3/4 cup grated Parmigiano-Reggiano (optional)
 - Kosher salt, as needed
- Freshly ground black pepper, as needed

1. Heat the broth over low heat; keep warm.

2. Heat the pancetta, onion, and salami in a large pot over low heat to make a soffrito. Cook, stirring frequently, until the onion is tender and translucent, about 4 minutes. Add the rice and cook, stirring frequently, until the rice is well coated with the oil, about 2 minutes.

3. Add the wine and cook until almost dry. Add the beans and the tomatoes and enough of the broth to come 1/2 inch above the rice. Cook, stirring frequently to be sure the rice doesn't stick to the bottom. As the rice absorbs the liquid, keep adding more broth, 1/2 cup at a time.

4. Once the rice has absorbed almost all the broth and the grains are just tender (al dente), about 15 minutes total cooking time, remove the pot from the heat. Add the butter, parsley, and cheese, if using, and stir vigorously until the rice looks very creamy. Season the risotto with salt and pepper as needed and serve immediately.

MAKES 4 TO 6 SERVINGS



MATZO BREI

This is the perfect busiest-night-of-the-week dinner, so fit it in on the night you need it most. If you'd like something else alongside your matzo brei, a nice tender green salad would fit the bill.

INGREDIENTS:

- 4 sheets matzo
- 1/4 cup (4 tbsp) salted butter
 - 8 eggs, beaten
- 1/4 tsp kosher salt, plus more to taste

1. Working over a fine mesh strainer, crumble the matzo into bite-sized piece. Run the matzo under running water until they are just beginning to soften. Set aside to drain.
2. Heat the butter in a skillet over medium heat. Add the matzo and cook, stirring often, until the matzo is browned all over and crisp around the edges, about 4 minutes.
3. Reduce the heat to low and add the eggs and salt, and cook, stirring frequently to break the egg into curds, until they are just set and scrambled. Serve right away.

SERVES 4



DISH[®]
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NEW MEXICAN GREEN CHILE STEW

This recipe is a hearty CIA favorite that just gets better after a day or two, so it's a great make-ahead dinner and even better as leftovers. For a veggie version, use vegetable stock and omit the pork, and try adding chopped butternut squash.

INGREDIENTS:

- 1 cup dry white beans, soaked in water overnight
- 1 3/4 lb pork shoulder, cut into large dice
- 1 quart chicken broth
- 12 oz Anaheim peppers
 - 2 tbsp vegetable oil
- 1 1/2 cups small-dice onion
 - 2 tbsp minced garlic
 - 3 cups medium-dice russet potatoes
 - 1 tbsp seeded and chopped jalapeños
- 1 cup chopped cilantro, plus 1/4 cup cilantro leaves
 - 2 tsp kosher salt

1. Drain the soaked beans, transfer to a small pot, and cover with water. Simmer over medium low heat until completely tender, about 1 hour. Add more water throughout the cooking process, if necessary. Reserve the beans in their cooking liquid.

2. Place the pork in a large pot and add the stock. Simmer over low heat until the pork is tender, about 2 hours.

3. Meanwhile, grill or broil the Anaheim peppers until the skins blacken and the flesh is tender, 6 to 8 minutes. Place the peppers in a bowl and cover with plastic wrap to steam. Peel the peppers and remove the seeds. Reserve.

4. Heat the oil in a medium sauté pan over medium-high heat. Add the onion and garlic and cook until the onions are translucent, about 5 minutes. Add the onions and garlic to the pork.

5. Add the potatoes and beans to the pork and simmer until the potatoes are tender, about 10 minutes.

6. Place the roasted Anaheim peppers, the jalapeños, and chopped cilantro in a blender and purée until completely smooth. Add some of the cooking liquid from the stew to facilitate puréeing, if needed. Strain the mixture through a large-holed strainer, if desired.

7. Just before serving, add the purée to the stew, simmer for 1 to 2 minutes, and add the salt. Serve immediately, garnished with the cilantro leaves.

SERVES 4 TO 6



DISH[®]
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TOMATO, CHICKEN, AND FETA FETTUCCINE

You can substitute the chicken for a flaky white fish, shrimp, or even stewed white beans, if you like. If you leave out the feta, you can replace it with another salty, briny ingredient, like slivered olives.

INGREDIENTS:

- 1 tsp kosher salt
- 6 oz whole wheat fettuccine
- 1/2 tsp freshly ground black pepper
 - 1 tbsp olive oil
- 4 oz boneless, skinless chicken breast, pounded to 1/4-inch thick
 - 1 small red onion, diced
 - 1 tsp white wine vinegar
- 2 pints grape or cherry tomatoes, halved
 - 2 tbsp chopped basil
 - 2 tbsp chopped parsley
 - 4 oz feta, crumbled
- Squeeze of fresh lemon juice

1. Bring 2 quarts of water to a boil and add 1/2 teaspoon of the salt. Cook the fettuccine until al dente, about 10 minutes. Use a slotted spoon to remove the pasta from the water and set aside. Reserve the cooking water.
2. Season the chicken with the remaining 1/2 teaspoon salt and the pepper.
3. Heat the olive oil in a sauté pan over medium high heat. When the pan is very hot, add the chicken and brown on both sides. Set the chicken aside and cut into strips. Add the onion to the pan and cook until soft. Add the vinegar and deglaze the pan. Add the tomatoes.
4. Once the tomatoes start to release their water and soften, add the basil and parsley. Return the chicken and pasta to the pan. Add the cheese and toss to coat. Add enough of the reserved pasta cooking water to help form a thin sauce. Finish with a squeeze of fresh lemon juice just before serving.

SERVES 4

DINNER SHOPPING LIST

PROTEINS

- 4 lb chicken wings and drumettes
- 1 3/4 lb pork shoulder
- 4 oz boneless, skinless chicken breast
- 2 oz pancetta
- 3 oz salami

DAIRY

- 8 eggs
- 1 lb butter
- 4 oz feta
- 3/4 cup grated Parmigiano-Reggiano
- 2 1/2 cups grated sharp Cheddar

PANTRY

- 1 tbsp olive oil
- 2 tbsp vegetable oil
- 1 tsp white vinegar
- 2 qt chicken broth
- 10 oz Carnaroli rice
- 1 1/2 cups cooked borlotti beans
- 1 cup dry white beans
- 6 oz whole wheat fettuccine
- 1 cup coarse grits
- 1 box matzo
- 1/4 cup crushed San Marzano tomatoes
- 1/3 cup Sriracha
- 1/3 cup honey
- 1/2 cup dry white wine
- Kosher salt
- Black pepper

PRODUCE

- 2 medium yellow onions
- 1 red onion
- 1 head garlic
- 2 pints grape tomatoes
- 2 large russet potatoes
- 1 jalapeño
- 12 oz Anaheim peppers
- 1 bunch cilantro
- 1 bunch basil
- 1 bunch parsley
- 1 lemon
- 3 limes

