



WELCOME!

Wednesday is Bastille Day, the national day of France! And while it may not be an American celebration, we capitalize on any opportunity to enjoy our favorite French bistro dishes.

If you can't find nice mussels, pair your French fries with a pan-seared steak or roasted chicken. And don't forget the Champagne!

PREP AHEAD

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

1. Make Tuesday's couscous salad.
2. Make Friday's chili all the way through.



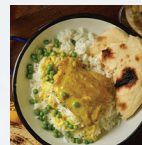
MONDAY
Fish Poached in
Fennel-Orange Broth



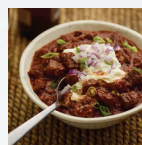
TUESDAY
Tangy Couscous Salad
with Sausage



WEDNESDAY
Moules Marinière
with Pommes Frites



THURSDAY
Chicken Curry



FRIDAY
Beef Chili



DISH[®]
EAT. DRINK. DISCOVER.



FISH POACHED IN FENNEL—ORANGE BROTH

Poached fish doesn't have to be boring, and this broth is flavorful without being too rich or decadent. We paired it with a simple veggie side dish, but you can add some cooked grains or couscous if your appetite calls for it.

INGREDIENTS:

- 4 tsp olive oil
- 1 lb 8 oz fish fillet, such as flounder or salmon
- 1/2 tsp kosher salt
- 1/2 tsp ground black pepper
- 2 cups thinly sliced fennel bulb
 - 1 leek, sliced
 - 2 garlic cloves, thinly sliced
 - 1 tsp orange zest
- 3 cups low-sodium chicken broth
 - 1 orange, juiced
 - 2 tsp arrowroot
- 1/4 cup toasted sliced almonds
- 1/4 cup minced fennel fronds
 - 1/4 cup olive oil
- 3 tablespoons thinly sliced garlic
 - 3 lb broccoli rabe, chopped

1. Preheat the oven to 350°F. Cut a piece of parchment paper to fit a medium oven-safe skillet. Lightly oil the parchment.

2. Season the fish with the salt and pepper and set aside. Heat the remaining almond oil in the pan over medium heat. Add the fennel and sweat until it starts to soften, about 4 minutes. Add the leek, garlic, and orange zest. Once the leeks begin to soften, place the fish fillet on top of the vegetables.

3. Add enough of the broth to come half to three-quarters of the way up the sides of the fish. Add the orange juice and cover with the prepared parchment paper, oiled side down. Place the pan in the oven and poach just until the fish is opaque, 10 to 15 minutes.

4. Meanwhile, in a sauté pan, heat the oil over low heat. Add the garlic and cook until aromatic, about 30 seconds. Increase the heat to high, add the broccoli rabe, and sauté quickly until the broccoli rabe is bright green and tender, about 10 minutes. Season with salt and set aside.

5. Remove the fish from the pan and cover to keep warm. Strain the poaching liquid into a small saucepan and reserve the vegetables. Mix the arrowroot with 1 tablespoon water to form a paste. Bring the poaching liquid to a boil and add the arrowroot paste.

6. Allow to boil until the volume of the poaching liquid is reduced by half and thickened to a sauce consistency. Stir in the almonds and fennel fronds and serve with the sauce poured over the fish and vegetables, with broccoli rabe on the side.

SERVES 4 TO 6



DISH[®]
EAT. DRINK. DISCOVER.



TANGY COUSCOUS SALAD

This couscous salad is the star of a simple weekday dinner. We've paired it with oven-roasted sausage links, but you can enjoy it alongside grilled shrimp, stewed white beans, or even a convenient rotisserie chicken.

INGREDIENTS:

- 1 lb Italian sausage links
- 8 oz (about 1 1/2 cups) Israeli couscous
- 2 to 3 tbsp olive oil, divided use
 - 1 fennel bulb, diced
 - 1 medium shallot, minced
 - Kosher salt, to taste
- Ground black pepper, to taste
 - 3 bell peppers, diced
- 2 to 3 cloves garlic, minced
- Red pepper flakes, to taste
 - 3/4 cup red wine vinegar
- 2 tbsp honey, plus more to taste

MAKES 4 TO 6 SERVINGS

1. Heat the oven to 400°F. Place the sausage on a baking sheet and roast, flipping halfway through, until browned and cooked through, about 20 minutes.
2. Meanwhile, in a medium saucepan, combine the couscous with 2 cups water. Bring to a simmer, cover, and cook until tender and the water is absorbed, about 8 minutes. Drain any excess water, if needed, and set aside.
3. Meanwhile, heat 2 tbsp of the oil in a skillet over medium heat. Add the fennel and shallot. Season with salt and pepper, and cook, stirring occasionally, until the shallot is cooked through and just beginning to brown around the edges, about 12 minutes.
4. Increase the heat to medium-high and add the bell peppers and the remaining 1 tablespoon oil. Cook, stirring occasionally, until the peppers are just cooked through and lightly browned, about 8 minutes.
5. Reduce the heat to low and add the garlic and red pepper flakes, and cook until aromatic, about 1 minute.
6. Add the vinegar and cook until it reduces by about half, about 3 minutes. Add the honey and stir to combine. Simmer for about a minute, then taste and adjust with additional vinegar or honey, as needed, for a sauce that is a slightly tart and slightly sweet.
7. Remove from the heat and combine with the couscous. Stir to coat, and adjust the seasoning with salt and pepper. Serve with the sausage.



MOULES MARINIÈRE

This classic French mussel preparation makes the perfect Bastille Day dinner alongside some crispy French fries, though you can always serve them with crusty bread for dipping and a fresh green salad.

INGREDIENTS:

- 3 lb mussels
- 4 tbsp unsalted butter, divided use
 - 1/4 cup minced shallots
 - 3 cloves garlic, minced
- 1/4 cup chopped flat-leaf parsley
 - 1/2 cup very dry white wine
 - Freshly ground black pepper, as needed
- Pommes Frites (recipe follows)

1. Scrub the mussels under running cold water with a stiff-bristled brush and remove their beards. Set aside.

2. Heat 2 tablespoons of butter in large pot with a tight-fitting lid over medium-high heat. When the butter is melted and the foam has subsided, add the shallots and garlic. Cook, uncovered, stirring occasionally, until fragrant and translucent, about 2 minutes.

3. Stir in the parsley, turn the heat to high, and add the mussels to the pot. Stir the mussels once or twice and then add the wine. Cover the pot and let the mussels steam for about 5 minutes, shaking the pot occasionally so they steam evenly.

4. Use a slotted spoon to transfer the opened mussels to warmed bowls (discard any mussels that do not open).

5. Strain the cooking juices through a sieve into a small pot and bring to a simmer over medium heat. Add the remaining butter, whisking well, and season with pepper. Immediately pour this sauce over the mussels. Serve at once with the pommes frites.

SERVES 4



DISH[®]
EAT. DRINK. DISCOVER.



POMMES FRÎTES

INGREDIENTS:

- 2 1/2 lb Russet potatoes
- Vegetable oil as needed
 - Salt as needed

1. Peel the potatoes, if you like, and cut them into 1/4-inch by 1/4-inch sticks (you can use a mandolin for this job). Hold the potatoes in cold water until you're ready to blanch. Just before blanching the fries, pat them dry with a clean linen or paper towel.

2. Add the oil to a deep fryer or a deep pot; there should be at least 2 or 3 inches of oil to fry the potatoes. Heat the oil to 300°F.

3. Blanch the potatoes in 2 batches. Maintain the oil temperature until the fries are cooked yet have no color, 3 to 4 minutes. Remove them from the oil with a slotted spoon and drain them on paper towels.

4. When you're ready to serve the fries, heat the oil to 360°F and cook them in 2 batches until they're crisp and golden, 3 to 5 minutes. Remove them with a slotted spoon, sprinkle with salt, and serve immediately.

SERVES 4



DISH[®]
EAT. DRINK. DISCOVER.



CHICKEN CURRY

You can use an Indian-style spice blend in place of the coriander, turmeric, and cinnamon, if you have one on hand, though the flavor may be slightly different. Serve this dish with naan or over white rice, if you like.

INGREDIENTS:

- 1 1/2 tbsp grated ginger
 - 1 tbsp minced garlic
 - 3/4 cup plain yogurt
- 2 1/2 lb skinless chicken thighs, bone in (2 thighs per person)
 - 1 tsp red pepper flakes
- 2 cups diced yellow onion
 - 1 tbsp vegetable oil
- 1 tbsp ground coriander
 - 1 tsp garam masala
 - 1 tsp ground turmeric
- 1/4 tsp ground black pepper
 - 1 tsp ground cinnamon
 - 3/4 cup coconut milk
 - 1/2 cup frozen peas
 - 1 tsp fresh lemon juice
 - Kosher salt, as needed

1. Combine the ginger, garlic, and yogurt in a 1-gallon zip-top plastic bag. Stir or squeeze to combine the ingredients well. Add the chicken, remove as much air as possible from the bag, seal, and place in the refrigerator overnight.
2. Combine the red pepper flakes and onion in a food processor. Purée until smooth.
3. Heat the oil in a large pot over low heat. Add the coriander, garam masala, turmeric, and black pepper and lightly toast the spices, about 1 minute.
4. Add the red pepper flake-onion mixture and cinnamon. Increase the heat to bring the mixture to a boil, then reduce the heat and simmer for 10 minutes. Remove the pot from the heat, and add the coconut milk, chicken with its marinade, and peas.
5. Bring the mixture to a very gentle simmer over medium heat. Simmer until the chicken is tender, 30 to 40 minutes. Stir in the lemon juice and adjust the seasoning with salt as needed.

SERVES 4 TO 6



DISH[®]
EAT. DRINK. DISCOVER.



BEEF CHILI

This chili is best if made a few days ahead, so squeeze it in whenever you have some time. For a quick version, replace the beef shoulder with the same amount of ground beef or turkey. You'll only need to cook the chili for about 40 minutes, in that case.

INGREDIENTS:

- 3 lb boneless beef shoulder, cubed
 - 2 tsp ground cumin
 - 2 tsp ground coriander
 - 3 tbsp chili powder
 - 1 tsp dried oregano
- 1/2 tsp ground cinnamon
- 1/4 tsp cayenne pepper
- One 14.5-oz can whole plum tomatoes
 - 2 cups chopped onion
- 8 garlic cloves, roughly chopped
- 3 chipotles in adobo, chopped
- 1 jalapeño, seeded and chopped
 - 2 tsp tomato paste
 - 1 tsp sugar
 - 3 tbsp vegetable oil
 - 12 oz beer
 - 1 1/2 tsp kosher salt
 - 1 tbsp fresh lime juice

1. In a bowl, combine the ground cumin and coriander with the chili powder, paprika, oregano, cinnamon, and cayenne.
2. In a food processor, purée the tomatoes, onion, garlic, chipotle peppers, jalapeño, tomato paste, and sugar until smooth. Reserve until needed.
3. Heat the oil in a large, heavy pot. Working in batches, brown the meat until it is browned all over. Transfer to a plate, as done.
4. Add the spice mixture to the pot to quickly toast the spices in the remaining fat from the meat. Deglaze the pan with the beer. Stir to pick up any caramelized bits on the bottom of the pan, add the puréed tomato mixture to the pot, and bring to a boil over high heat. Reduce the heat to establish a gentle simmer, then add the salt.
5. Continue simmering until the meat is tender, 2 to 2 1/2 hours. If the chili reduces down and becomes too thick during cooking, add some water to adjust the consistency; if there is not enough moisture, the meat will not cook properly.
6. When the meat is tender, add the lime juice. Serve the chili in bowls. Garnish with cheese, sour cream, or scallions, if you like.

SERVES 6

DINNER SHOPPING LIST

PROTEINS

- 3 lb mussels
- 3 lb boneless beef shoulder
- 2 1/2 lb bone-in skinless chicken thighs
- 1 lb 8 oz fish fillet, like flounder or salmon
- 1 lb Italian sausage links

DAIRY

- 4 tbsp unsalted butter
- 3/4 cup plain yogurt

ALCOHOL

- 1/2 cup very dry white wine
- 12 oz beer, like a lager or porter

PANTRY

- 3/4 cup olive oil
- 1 1/2 quarts vegetable oil
- 3/4 cup red wine vinegar
- 3 cups low-sodium chicken broth
- 1 (14.5 oz) can whole plum tomatoes
- 2 tsp tomato paste
- 1 can chipotles in adobo
- 3/4 cup coconut milk
- 8 oz Israeli couscous
- 1/4 cup sliced almonds
- 1 tsp sugar
- 2 tbsp honey
- 2 tsp arrowroot
- 1/4 tsp cayenne
- 1 tsp garam masala
- 1 tsp dried oregano
- 1 tsp ground turmeric
- 1 1/2 tsp ground cinnamon
- 2 tsp ground cumin
- 2 tsp red pepper flakes
- 2 tbsp ground coriander
- 3 tbsp chili powder
- Kosher salt
- Black pepper

PRODUCE

- 4 large yellow onions
- 3 heads garlic
- 1 (2-in) piece ginger
- 3 medium shallots
- 1 leek
- 3 bell peppers
- 1 jalapeño
- 2 large bulbs fennel
- 3 lb broccoli rabe
- 2 1/2 lb Russet potatoes
- 2 limes
- 1 orange
- 1 lemon
- 1/2 cup peas, fresh or frozen
- 1 bunch flat-leaf parsley

