

WELCOME!

French onion soup is a labor of love, so carve out a little bit of time on Sunday to caramelize your onions and cook your broth. Though you'll have to tend the onions from time to time, it's pretty hands off, so you can squeeze in other projects around the house or get other meal prep done for the week.

PREP AHEAD

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

1. Make your onion soup base.
2. Cook the spinach for Thursday's quesadilla. Drain it well and keep it in a covered container.



MONDAY
French Onion Soup



TUESDAY
Spicy Tofu with Mushrooms



WEDNESDAY
Bucatini alla Carbonara

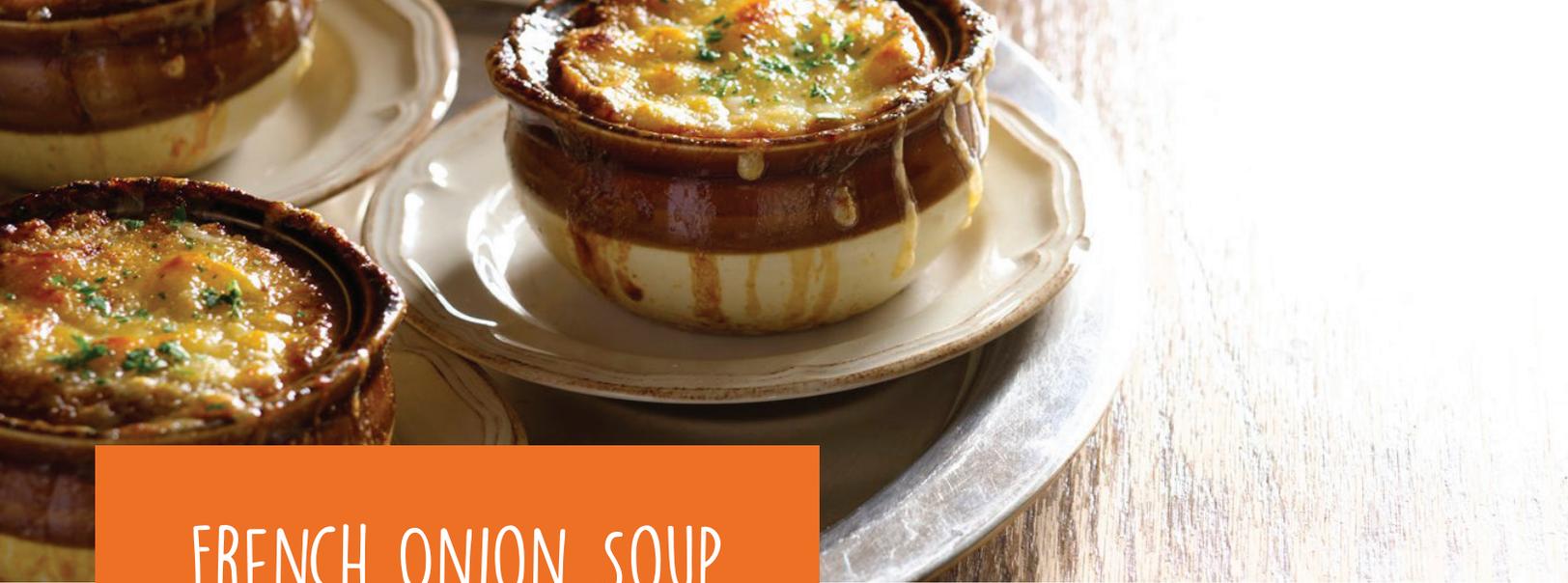


THURSDAY
Spinach and Jack Quesadillas



FRIDAY
Kale, Cashew, and Cranberry Pasta Salad





FRENCH ONION SOUP

French onion soup is so tasty. It takes a little bit of time and elbow grease, but we think the payoff is worth it! Use vegetable broth to make this vegetarian. We like adding a dash of soy sauce for the veggie version.

INGREDIENTS:

- 1/4 cup olive oil or vegetable oil
 - 4 yellow onions, thinly sliced
 - 2 garlic cloves, minced
 - 1/2 cup brandy
- 6 cups beef or chicken broth, warm
- 1 sprig tarragon, 4 sprigs parsley, 1 bay leaf, and 1 clove peeled garlic, wrapped in cheesecloth and tied with kitchen twine
 - Salt, as needed
- Freshly ground black pepper, as needed
 - 8 slices French bread (about 1/4 inch thick)
 - 1 cup shredded Gruyère, plus more as needed

1. Heat the oil in a soup pot over medium-low heat. Add the onions and cook, without stirring, until they begin to brown on the bottom. Increase the heat to medium, stir, and continue to cook, stirring occasionally, until the onions are deeply caramelized to a dark golden brown and very soft, 30 to 45 minutes. If the onions begin to scorch, add a few tablespoons of water.

2. Add the garlic and continue to cook for 1 minute more. Add the brandy and stir to deglaze the pan, scraping up any browned bits from the bottom of the pan. Simmer until the liquid has nearly evaporated, 2 to 3 minutes.

3. Add the broth and the tarragon sachet and bring to a simmer. Cook, partially covered, for 45 to 60 minutes, skimming any foam that rises to the surface. Remove and discard the sachet. Season with salt and pepper.

4. Serve immediately, or cool and refrigerate to allow the flavors to develop.

5. To serve, preheat the oven to 350°F. Ladle the soup into individual ovenproof onion soup crocks. Top each crock with a slice of bread and sprinkle with grated cheese, covering the bread completely and coming to the edges of the crocks. Set the soup crocks in a large baking dish and add enough boiling water to the baking dish to reach two-thirds of the way up the sides of the crocks, making a water bath. Bake until the soup is thoroughly heated, if needed, and the cheese is lightly browned, 10 to 15 minutes.

SERVES 6



DISH[®]
EAT. DRINK. DISCOVER.



SPICY TOFU WITH MUSHROOMS

If you can't find oyster mushrooms, just use a variety of whatever you can find in the store, like button or shiitakes. For the cornstarch slurry, combine about 1 tbsp of cornstarch with about 2 tbsp water. Stir to combine, then slowly stream that into the sauce while stirring. It won't thicken until it simmers, so go slowly.

INGREDIENTS:

- 3/4 tsp Sichuan pepper
- 1/2 tsp red pepper flakes
 - 2 tbsp vegetable oil
 - 1 tbsp chili bean paste
 - 1 scallion, minced
 - 1 tsp minced ginger
 - 2 garlic cloves, minced
- 4 oz oyster mushrooms, cut into bite-size pieces
- 4 oz button mushrooms, quartered
- 1 1/2 tsp Shaoxing wine or sherry
 - 2 tbsp light soy sauce, not low-sodium
- 1 lb silken tofu, 1/2-in dice
 - Salt, as needed
- Cornstarch slurry, as needed

Garnish

- 1 green onion, sliced
- 1 garlic clove, thinly sliced

1. In a skillet over low heat, fry the Sichuan pepper and red pepper flakes in the oil until lightly browned, 30 seconds to 1 minute. Strain the oil into a wok or large sauté pan and discard the solids.

2. In the flavored oil over medium heat, cook the chili bean paste, green onions, ginger, and garlic until fragrant, about 20 seconds. Add the mushrooms and stir-fry until they have shrunk in size by about half and stop exuding moisture as they cook, about 6 minutes.

3. Add the wine and soy sauce. Carefully place the diced tofu over the cooked mushrooms in the wok, sprinkle with salt, cover with a lid, and simmer gently for 3 minutes.

4. Very gently mix the tofu with the mushrooms, and thicken slowly with the cornstarch slurry until the sauce is thick enough to coat the back of a spoon. Bring the liquid to a simmer before adding more slurry. Adjust seasonings as needed. Serve in a bowl and garnish with the sliced green onion and garlic.

SERVES 4



DISH[®]
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BUCATINI ALLA CARBONARA

The key to a smooth and creamy carbonara sauce is gentle heat. Typically, the heat from the hot pasta will be enough, but if you need to heat it, use the tongs to toss the mixture over very low heat just until it comes together.

INGREDIENTS:

- Kosher salt, as needed
 - 1 lb dried bucatini
- 1 tbsp extra-virgin olive oil
 - 5 oz diced guanciale (cured pork jowl) or pancetta
- 2 large eggs
- 2 egg yolks
- 1/2 cup grated Pecorino Romano
- 1 tsp freshly ground black pepper

1. Bring a large pot of salted water to a boil over high heat. Add the bucatini and stir to submerge and separate the strands. Cook, uncovered, until the pasta is just tender (al dente), 10 to 12 minutes (check the cooking time for your pasta).

2. While the bucatini is cooking, heat a large sauté pan over medium heat. Add the oil and the guanciale. Cook, stirring to cook the guanciale evenly, until it is just starting to crisp, about 2 minutes. There should be about 2 tablespoons of rendered fat and oil in the pan. Set aside.

3. Blend together the whole eggs, egg yolks, cheese, and pepper in a medium bowl with a whisk or fork until well combined.

4. Drain the bucatini in a colander. Shake well to remove any water clinging to the pasta. Pour the drained pasta into the pan with the guanciale.

5. Add the egg mixture and stir the bucatini together with the egg mixture and the bacon. The heat from the pasta should be enough to cook the eggs, but if necessary, you can cook the sauce very gently over low heat. Stop as soon as the sauce clings well; if you cook it any longer, the eggs will scramble.

SERVES 4 TO 6



DISH[®]
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SPINACH AND JACK QUESADILLAS

If you're nervous about the flipping (always stressful!), use the foldover technique. Place one tortilla down in the pan, cover half with toppings, then fold the other half over to close. That will be easier to flip and crisp.

INGREDIENTS:

- 3 tbsp olive oil
- 12 cups (lightly packed) spinach leaves
 - 1 tsp salt
- 1/2 tsp ground black pepper
 - 8 large flour tortillas
 - 2 cups grated Monterey Jack cheese
- 1/2 cup grated Pepper Jack cheese
- 2 cups grated aged Jack cheese
- 1 cup prepared salsa, for serving
 - 1 cup prepared guacamole, for serving

1. Heat the olive oil in large skillet over medium heat. Add the spinach, season with salt and black pepper, and cook, stirring frequently, until tender, about 10 minutes. Remove and drain the spinach.

2. Heat a large cast iron or nonstick griddle or skillet over medium heat until very hot. Working with one tortilla at a time, place the tortilla in a griddle or skillet. Top with the cheeses and spinach and put a second tortilla on top. Grill on the first side until crisp and golden, 3 to 4 minutes, turn, and cook on the second side. Cut into wedges and serve immediately with salsa and guacamole.

SERVES 4



DISH[®]
EAT. DRINK. DISCOVER.



KALE, CASHEW, AND CRANBERRY PASTA SALAD

This dish hits the spot cold (meaning you can make it whenever you want), but it's great hot, too, so you can throw it together at the last minute. Substitute kale for spinach or any other green, if you have it on hand, or toss in leftover chicken.

INGREDIENTS:

- 12 oz whole wheat penne
 - 1/4 cup olive oil
- 1/2 cup diced red onion
 - 1 tsp lemon zest
- 4 tsp balsamic vinegar
 - 1 tsp kosher salt
- 1/2 tsp freshly ground black pepper
 - 1/4 cup dried cranberries
- 1/2 cup salted, roasted cashews, chopped
- Leaves from 1 bunch kale, chopped
 - 1/2 cup dry white wine

1. Cook the pasta in boiling lightly salted water until it is al dente, about 9 minutes. Drain the pasta and spread it out on a sheet pan to cool to room temperature.

2. Heat the oil in a sauté pan over medium heat. Add the onions and cook until soft, about 10 minutes. Add the cooked drained pasta and toss with the lemon zest, vinegar, salt, pepper, cranberries, and cashews.

3. In a covered saucepan, combine the kale and white wine. Bring to a simmer over medium heat and cook, covered, until the kale is wilted and the wine has almost evaporated, about 5 minutes. Cool and toss with the pasta.

SERVES 4 TO 6



DISH[®]
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DINNER SHOPPING LIST

PROTEINS

- 1 lb silken tofu
- 5 oz guanciale
or pancetta

DAIRY

- 4 eggs
- 2 cups grated
Monterey Jack cheese
- 2 cups grated aged
Jack cheese
- 1/2 cup grated
Pecorino Romano
- 1 cup shredded Gruyère

PANTRY

- 3/4 cup olive oil
- 2 tbsp vegetable oil
- 4 tsp balsamic vinegar
- 1/2 cup brandy
- 1/2 cup dry white wine
- 1 1/2 tsp Shaoxing wine
or sherry
- 6 cups
beef or chicken broth
- 2 tbsp light soy sauce
- 1 tbsp chili bean paste
- 1 tbsp cornstarch
- 1/4 cup dried cranberries
- 1/2 cup salted,
roasted cashews
- 1 lb dried bucatini
- 12 oz whole wheat penne
- 8 large flour tortillas
- 1 loaf French bread
- 1 cup prepared salsa
- 1 cup prepared
guacamole
- 1 package cheesecloth
- 1 bay leaf
- 3/4 tsp Sichuan pepper
- 1/2 tsp red pepper flakes
- Kosher salt
- Black pepper

PRODUCE

- 4 yellow onions
- 1 red onion
- 6 garlic cloves
- 1 (2-in) piece ginger
- 1 bunch kale
- 12 cups spinach leaves
- 4 oz oyster mushrooms
- 4 oz button mushrooms
- 1 lemon
- 1 bunch scallions
- 1 bunch tarragon
- 1 bunch parsley

