



WELCOME!

We don't know about you, but we're craving some cozy comfort foods, and we put Tagliatelle Bolognese on the menu!

This sauce is a little bit of a project, but is mostly hands off. It's a great project for Saturday or Sunday, but you can definitely let it simmer while you work from home on Monday, too. If you have trick or treaters in the house, make a double batch to serve Sunday evening, for Halloween.

Don't hesitate to use your food processor for some of the chopping. We all take shortcuts!

PREP AHEAD

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

1. Make Monday's Bolognese.
2. Prepare the mushroom mixture for omelettes.
3. Make the salad dressing for Friday's salad.



MONDAY
Tagliatelle Bolognese



TUESDAY
Mushroom and Chive Omelettes



WEDNESDAY
Roasted Pork with Honey-Mustard Sauce



THURSDAY
Parsnip and Potato Latkes



FRIDAY
Mango Kale Salad





TAGLIATELLE BOLOGNESE

Bolognese is essentially a meat stew with a small amount of tomato added. The sauce is cooked slowly to develop a deep, rich flavor. It is traditionally served with tagliatelle pasta and Parmigiano-Reggiano, but you may choose another pasta if you'd like.

INGREDIENTS:

- 4 tbsp butter
- 1 cup diced onion
- 1 cup peeled, small-dice celery
- 1 cup peeled, small-dice carrot
- 6 garlic cloves, peeled and chopped
 - 2 tbsp olive oil
- 1/4 lb pancetta, finely chopped
 - 1 lb ground veal
 - 1 lb ground pork
- 1/2 lb 85% ground beef
 - 3/4 cup whole milk
- One 14.5 oz can whole plum tomatoes
 - 2 cups beef broth, plus more as needed
 - 1 cup dry white wine
- 1 1/2 lb fresh tagliatelle pasta, or dried pasta
- 1/3 cup kosher salt, plus more as needed
- Ground black pepper, as needed
- 4 oz grated Parmigiano-Reggiano

1. In a Dutch oven or saucepan, warm the butter over medium heat. Add the onion, celery, carrot, and garlic. Cover and cook until the onions are transparent, about 10 minutes.

2. Meanwhile, heat the olive oil in a 10- to 12-inch heavy-bottomed or cast-iron pan over medium heat. Working in small batches, add some of the pancetta, veal, pork, and beef to the pan. Increase the heat to high. Cook each batch of meat until the browned, 10 to 16 minutes. Transfer the meat to the Dutch oven, or to a slow cooker along with the vegetable mixture.

3. When all the meat has been browned, add the milk to the Dutch oven. Simmer over high heat until all of the milk has reduced and there is none left in the pot. Add the tomatoes, crushing them with your hand before adding them to the pot. Simmer for about 15 minutes more. Add the beef broth and wine, increase the heat to bring the mixture to a boil, then reduce the heat to establish a gentle simmer. Simmer, uncovered, for 2 hours, adding more broth if necessary during cooking. At the end of the cooking time, the consistency should be thick and heavy.

4. Ten minutes before serving, add the pasta to a large pot with 6 quarts of boiling salted water and season with 1/3 cup of salt. Boil the pasta, stirring occasionally, until al dente, 8 to 10 minutes, or according to the package instructions. Drain the pasta.

5. Season the sauce with salt and pepper as needed. Pour the ragù over the cooked pasta and top with the cheese.

SERVES 6



DISH[®]
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MUSHROOM AND CHIVE OMELETTES

Dinner omelettes are a hungry chef's best friend, and we bet you can relate! These omelettes are filled with mushrooms and chives, but you can fill yours with anything you like, including ham and cheese, bell peppers, bacon, or even roasted veggies.

INGREDIENTS:

- 1/2 cup minced shallots
- 2 tbsp unsalted butter
- 3 cups sliced mushrooms
- 12 large eggs
- Salt, as needed
- Ground black pepper, as needed
- 1/4 cup unsalted butter
- Minced chives, as needed for garnish

1. Melt the butter in a skillet over medium-high heat. Add the shallots, and cook until translucent, about 5 minutes. Add the mushrooms, and reduce the juices until dry, another 5 to 10 minutes.

2. To make the omelette, break the eggs into a bowl and beat them with a fork or whisk to break them up. Season with salt and pepper.

3. Heat 1 tablespoon of butter in an omelette pan on medium heat until it's hot, but do not let it brown. Pour in one-fourth of the omelette mixture. Cook it over a medium heat, stirring occasionally with a fork.

4. When only a small amount of raw omelette mix remains on the surface, remove the skillet from the heat.

5. To roll the omelette, run your fork around the edge of the pan to free the omelette from the edges of the pan. Lift the skillet by the handle to a 45-degree angle. Tap the handle gently to encourage the omelette to slide toward the edge of the pan, until it forms a slight bowl. Add 1/4 of the mushroom mixture in this depression for each omelet. Continue to tilt the pan so that the top edge of the omelette rolls down toward the bowl and over the filling. Keep tilting the pan over the plate until the omelette rolls out onto the plate and forms a cigar shape.

6. Garnish each omelette with chives and serve.

SERVES 4



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ROASTED PORK WITH HONEY—MUSTARD SAUCE

This sauce isn't the honey-mustard you like for dipping your chicken tenders. It's rich and sophisticated enough for a dinner party. You can make this recipe with pork chops or even chicken breast, if you prefer

INGREDIENTS:

- 3 lb pork tenderloin, whole
 - 2 tbsp vegetable oil
 - 1 1/3 cup chicken broth
 - 2 garlic cloves, minced
 - 2 tbsp minced shallots
- 2 tbsp whole-grain mustard
 - 1 tbsp tomato paste
- 1 1/2 tsp chopped thyme
- 1 tsp ground black pepper
 - 2 tbsp honey
- 2 1/2 tbsp red wine vinegar
 - 1/2 tsp kosher salt

- 1 tbsp extra-virgin olive oil
- 1 bunch Swiss chard, chopped
 - 1 garlic clove, minced
 - Kosher salt, as needed
- Ground black pepper, as needed

1. Preheat the oven to 425°F.

2. Heat vegetable oil in a large sauté pan over medium-high heat. Working in batches, if needed, sear the meat until it is golden brown on all sides, approximately 5 minutes. Reserve the pan.

3. Transfer to a roasting pan. Roast until an internal temperature of 165°F for well done, and 155°F for slightly pink, 15 to 20 minutes.

4. While the tenderloins are roasting, lower the heat of the skillet to medium. Add the garlic and shallots; cook until fragrant, about 1 minute. Add the tomato paste, and sauté until the tomato paste has slightly browned. Add the mustard, honey, vinegar, thyme, salt, pepper, and chicken broth. Bring to boil, then simmer until the mixture reduces to a sauce consistency, about 10 minutes. Keep warm.

5. Meanwhile, heat the olive oil in a sauté pan over medium-high heat. Add the chard and sauté until just tender, about 3 minutes. Add the garlic, and sauté until fragrant, about 1 minute more. Season with salt and pepper, to taste. 6. Remove the tenderloin from the oven and let stand 10 minutes before slicing. Serve with the sauce and chard.

SERVES 4 TO 6



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PARSNIP AND POTATO LATKES

While you can make these latkes potatoes-only, we like the little bit of added sweetness and earthiness from the parsnips. We served ours with rhubarb jam, but you can use any jam or the traditional apple sauce, if you like.

INGREDIENTS:

- 1 lb parsnips, peeled and finely grated
- 1 lb Yukon Gold potatoes, peeled and finely grated
- 1 medium yellow onion, finely grated
 - 1 1/2 tsp kosher salt
- 2 cloves garlic, finely grated
- 1 tsp ground black pepper
 - 6 tbsp tapioca starch
- Vegetable oil or schmaltz (or a combination), as needed for frying
- Rhubarb or other tart jam, as needed for serving
- Sour cream, as needed for serving
 - Caviar, as needed, for serving (optional)

1. In a medium bowl, combine the parsnips, potatoes, onion and salt. Let rest for about 5 minutes. Squeeze the mixture by the handful over the sink (or in a fine-mesh sieve) to remove any excess liquid. Add the garlic, pepper and tapioca starch, and stir to coat.

2. Form the parsnip mixture into thin patties, about 1/4 cup per latke, squeezing out any additional moisture as you go. Transfer to a parchment-lined baking sheet when done.

3. Heat about 1/4 inch of vegetable oil in a large skillet over medium heat. Transfer the latkes to the pan, working in batches as needed, and fry until golden brown on both sides, about 3 minutes per side. Transfer to a towel-lined tray or rack set over a baking sheet to drain before serving.

4. Serve with rhubarb jam, sour cream and caviar, if desired.

SERVES 4 TO 6



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MANGO KALE CHOPPED SALAD

Kale is hearty and makes for a nice base for substantial salad ingredients. Be sure to give it a nice massage before serving, which will make it much less tough and grassy-tasting. We've topped this salad with lightly seasoned tofu, but you can substitute grilled shrimp, chicken, or even roasted chickpeas.

INGREDIENTS:

- 1/4 cup unsweetened peanut butter
 - 2 tbsp seasoned rice vinegar
 - 1 tbsp low sodium soy sauce
 - 1 clove garlic
 - 1/2 cup canned coconut milk
 - 2 tsp chile powder
 - 1/2 tsp curry powder
 - 1/4 tsp garlic granules
 - 1/2 tsp kosher salt
 - 1 (14 oz) package firm tofu, drained and cubed
 - 1 1/2 tablespoons olive oil, divided use
- 1 bunch kale (about 12 oz), tough stems removed, chopped
- 1 carrot, peeled and cut into ribbons with a vegetable peeler
 - 1 large mango, cubed
 - 1 red bell pepper, chopped
 - 2 cups chopped red cabbage
- 1/2 cup chopped toasted peanuts

1. For the dressing, combine the peanut butter, vinegar, soy sauce, garlic, and coconut milk in a small food processor and blend until smooth. Set aside.
2. In a medium bowl, combine the chile powder, curry powder, garlic granules, and salt, and stir to mix. Add the tofu and toss to coat. Heat 1 tablespoon of the oil in a skillet over medium-high heat and add the tofu. Cook, stirring frequently, until the tofu is browned all over, about 10 minutes. Set aside.
3. In a salad bowl, toss the kale with the remaining 1/2 tablespoon olive oil and massage the leaves until they have darkened in color and feel tender, about 4 minutes. Add the carrot, mango, bell pepper, cabbage, peanuts, and tofu, and toss to combine. Add the dressing (you may not need it all) and toss until the leaves are coated. Serve right away.

SERVES 6



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DINNER SHOPPING LIST

PROTEINS

- 3 lb whole pork tenderloin
- 1 lb ground veal
- 1 lb ground pork
- 1/2 lb 85% ground beef
- 4 oz pancetta
- 14 oz firm tofu

DAIRY

- 3/4 cup whole milk
- 8 oz sour cream
- 4 oz Parmigiano-Reggiano
- 1/2 lb unsalted butter

PANTRY

- 1/3 cup olive oil
- 1 1/2 cups vegetable oil
- 2 tbsp seasoned rice vinegar
- 3 tbsp red wine vinegar
- 1 tbsp low-sodium soy sauce
- 1 (14.5) oz can whole plum tomatoes
- 2 tbsp whole grain mustard
- 2 cups beef broth
- 1 1/3 cups chicken broth
- 1 cup dry white wine
- 2 tbsp honey
- 1/4 cup unsweetened peanut butter
- 1/2 cup chopped peanuts
- Rhubarb or other tart jam
- 1 1/2 lb fresh tagliatelle pasta
- 6 tbsp tapioca starch
- Caviar, for latkes (optional)
- 2 tsp chile powder
- 1/2 tsp curry powder
- 1/4 tsp garlic granules
- Kosher salt
- Black Pepper

PRODUCE

- 2 medium yellow onions
- 5 large shallots
- 1 head celery
- 1 lb carrots
- 1 lb parsnips
- 2 heads garlic
- 1 red bell pepper
- 1 lb Yukon Gold potatoes
- 8 oz button mushrooms
- 1 small head red cabbage
- 1 bunch Swiss chard
- 1 bunch kale
- 1 large mango
- 1 bunch chives
- 1 bunch thyme

