



# WELCOME!

We're excited for Thursday's corned beef and cabbage, which we look forward to all year! Get an early start on it, if you have the time, since braises are always better the next day.

## 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 soup, or at least prep your veggies.
2. Make the corned beef. Cool it and refrigerate it in the cooking liquid.



**MONDAY**  
Minestrone Soup



**TUESDAY**  
Fontina and Blackberry Grilled Cheese Sandwiches



**WEDNESDAY**  
Bucatini alla Carbonara



**THURSDAY**  
Corned Beef with Winter Vegetables



**FRIDAY**  
Chicken Caesar Salad



**DISH**<sup>®</sup>  
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# MINISTRONE

**Vegetable soup is the best because it comes together so quickly. This version uses pancetta and chicken broth for some extra richness, but you can make it fully vegetarian, if you prefer. Make sure to check that your Parmesan is vegetarian, too!**

## INGREDIENTS:

- 2 tbsp olive oil
- 1 oz pancetta, chopped
- 1 1/2 cups chopped green cabbage
- 1 cup chopped yellow onion
  - 1 cup sliced carrot
- 1/3 cup chopped celery
- 2 garlic cloves, minced
- 2 quarts chicken broth
  - 1/2 cup peeled, medium-dice potatoes
- 1 piece Parmesan rind (about 3 inches square)
- 3/4 cup elbow macaroni, cooked and drained
  - 1/2 cup peeled, seeded, and chopped plum tomatoes
- 3/4 cup canned chickpeas
  - 1/3 cup prepared pesto
  - 1/2 tsp salt
- 1/4 tsp ground black pepper
- Grated Parmesan, as needed

1. Heat the oil in a soup pot over medium heat. Add the pancetta and cook until the fat renders and the pancetta begins to brown, 3 to 5 minutes.
2. Add the cabbage, onion, carrot, celery, and garlic and cook until the onions are translucent, 6 to 8 minutes.
3. Add the broth, potatoes, and cheese rind and bring to a simmer. Cook until the vegetables are tender, about 30 minutes; do not overcook.
4. When the vegetables are tender, add the macaroni, tomatoes, chickpeas, and kidney beans. Cook until heated through.
5. Remove and discard the cheese rind, and stir in the pesto, salt, and pepper.
6. Serve immediately, topped with grated cheese.

SERVES 8



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## FONTINA BLACKBERRY GRILLED CHEESES

**Blackberries are tough to find, and considering they aren't exactly in season all over the country right now, you can substitute raspberries, sliced apples, or even jam!**

### INGREDIENTS:

- 1 pint blackberries
- 1 tbsp chopped thyme
- 8 slices whole grain bread
- 1 lb fontina cheese, shredded
- 1 tbsp butter, plus more as needed

1. Preheat the oven to 350 F. In a medium bowl, combine the blackberries and thyme. Use a fork to lightly mash the berries so that no whole berries remain.

2. Lay 4 slices of bread on your work surface and top each slice with about a quarter of the shredded cheese. Spoon dollops of the mashed blackberries and the cheese (you may not use it all), and then sprinkle the remaining cheese over the blackberries. Place the remaining slices of bread on over the cheese and press lightly.

3. Heat 1 tablespoon of the butter in a skillet over medium heat. Working in batches, if needed, add the sandwiches and cook until the bread is browned and the cheese is beginning to melt, about 3 minutes. Flip the sandwiches, adding more butter, if needed, and cook until the second side is browned and the cheese has melted. If the bread has browned before the cheese is melted, transfer the sandwiches to a baking sheet and place in the oven until the cheese is fully melted. Serve right away.

SERVES 4



## BUCATINI ALLA CARBONARA

You might have all of these ingredients on hand already (pancetta freezes so well!), so feel free to make this with any noodle-shaped pasta you have in the cabinet. Add some crushed pepper flakes for a little spice, if you like.

### INGREDIENTS:

- Kosher salt, as needed
  - 1 lb dried bucatini
- 1 tbsp extra-virgin olive oil
  - 5 oz diced pancetta
    - 2 large eggs
    - 2 egg yolks
- 1/2 cup grated Pecorino Romano
  - 1 tsp 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 pancetta. Cook, stirring to cook the pancetta 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 pancetta.

5. Add the egg mixture and stir the bucatini together with the egg mixture and the pancetta. 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



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## CORNERD BEEF WITH WINTER VEGGIES

Like all braises, corned beef is even tastier the next day, so make it ahead of time, if you like. If it's your thing, splurge on some high-quality whole grain mustard to serve with the meat.

### INGREDIENTS:

- 5 lb corned beef brisket, trimmed
- 1 1/2 qt no-salt-added beef stock or cold water
  - 7 new potatoes, halved
- 1 small head green cabbage, cut into wedges
  - 7 baby turnips, peeled
  - 15 baby carrots, peeled
    - 1/2 lb pearl onions, blanched and peeled
  - Salt, as needed
- Freshly ground black pepper, as needed

1. Split the brisket along the natural seam into two pieces.
2. Put the meat in a deep pot and add enough stock or water to cover the meat. Bring to a simmer, skimming as necessary. Reduce the heat to establish a slow simmer, cover, and continue simmering until the meat is nearly fork-tender, about 2 1/2 hours.
3. Add the potatoes, cabbage, turnips, carrots, and onions to the corned beef and continue to simmer until the vegetables are tender and flavorful and the corned beef is fork-tender, 35 to 45 minutes. Season with salt and pepper as needed throughout the cooking time.
4. Remove the corned beef from the cooking liquid and carve into slices. Serve immediately with the vegetables.

SERVES 6



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# CHICKEN CAESAR SALAD

**This quick and egg-free Caesar dressing is just what a week-night cook ordered. Simplify this recipe even more by using leftover protein, like shrimp or steak, or the meat from a rotisserie chicken.**

## INGREDIENTS:

- 3 pounds chicken breast, boneless and skinless
  - Kosher salt, as needed
- Freshly ground black pepper, as needed
  - 1/2 cup olive oil
  - 1/4 cup lemon juice
  - 1 tsp anchovy paste
  - 1 tsp Dijon mustard
- 2 garlic cloves, finely minced
- 1 1/4 pounds romaine lettuce, washed, drained, and cut into bite size pieces
- 1/2 cup grated Parmesan cheese
  - 4 cups croutons

1. Prepare a grill for medium heat cooking. Grill the chicken until well-browned and cooked through, about 6 minutes per side. Set aside.

2. Meanwhile, in a large bowl, whisk the oil, lemon juice, anchovy paste, mustard, and garlic to blend. Add the lettuce, cheese, and croutons, and toss to coat.

3. Slice the chicken. Serve the salad on chilled plates topped with the chicken.

SERVES 6 TO 8

# DINNER SHOPPING LIST

## PROTEINS

- 1 oz pancetta
- 3 lb boneless chicken breast
- 5 lb corned beef

## DAIRY

- 1 lb fontina cheese
- 1/2 cup Pecorino Romano
- 3/4 cup grated Parmesan
- 1 piece Parmesan rind
- 2 tbsp butter
- 4 eggs

## PANTRY

- 3/4 cup olive oil
- 1/4 cup canola oil
- 2 quarts chicken broth
- 1 1/2 quarts low-sodium beef broth
- 3/4 cups elbow macaroni
- 1 lb dried bucatini
- 8 slices whole grain bread
- 1 (15 oz) can chickpeas
- 1 tsp Dijon
- 1 jar anchovies or anchovy paste
- 1/3 cup prepared pesto
- 4 cups prepared croutons
- Kosher salt
- Ground black pepper

## PRODUCE

- 2 yellow onions
- 1/2 lb pearl onions
- 2 carrots
- 15 baby carrots
- 1 head celery
- 1 head garlic
- 1 1/4 lb romaine
- 2 heads green cabbage
- 2 Yukon Gold potatoes
- 7 new potatoes
- 7 baby turnips
- 2 plum tomatoes
- 1 pint blackberries
- 4 lemons
- 1 bunch thyme

