

WELCOME!

If you're making your To-Do list for this weekend, squeeze in a visit to your local Asian market to pick up ingredients for Thursday's pad Thai.

While you're there, check out the produce. Some of our favorite greens come from our local Asian grocery store, like gai lan (sometimes called Chinese broccoli). Grab a bunch of whatever catches your attention and stir-fry it with the other pad Thai ingredients!

PREP AHEAD

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

1. Make the shrimp bisque.
2. Pickle your veggies for Tuesday's salad.



MONDAY
Shrimp Bisque



TUESDAY
Banh Mi Chicken Salad



WEDNESDAY
Pepper and Eggplant Flatbreads



THURSDAY
Pad Thai



FRIDAY
Grilled Steak with
Pepper Jack Polenta



DISH
EAT. DRINK. DISCOVER.



SHRIMP BISQUE

There's something very summer vacation-y about a seafood bisque, and you don't need to be at someone else's seaside shack to enjoy it. This recipe is really very easy and can be prepared a day or two ahead. Reheat it gently so it doesn't separate. If it does, just give it a quick spin in the blender to bring it back to life.

INGREDIENTS:

- 12 oz shrimp shells
(from about 4 lb shrimp; see note)
- 10 tbsp (1 1/4 sticks) butter
- 1 1/2 cups minced onion
 - 1 tbsp minced garlic
 - 1 1/2 tsp paprika,
plus more as needed
- 2 tbsp tomato paste
 - 1/4 cup brandy
 - 1/2 cup flour
 - 2 qt clam juice
- 1/3 cup long-grain rice
 - Salt, as needed
- Freshly ground black pepper,
as needed
- 2 cups heavy cream, warmed
 - 18 shrimp (26/30),
peeled and deveined
 - 1 tsp Old Bay Seasoning
 - 1 tsp Tabasco sauce,
 - 1 tsp Worcestershire sauce
 - 1/2 cup dry sherry

1. Rinse the shrimp shells thoroughly and drain them. In a medium stockpot over medium-high heat, melt 8 tablespoons of the butter. Add the shrimp shells and sauté until the shells turn bright pink, 1 to 2 minutes.

2. Reduce the heat to medium. Add the onion, and sauté until translucent, about 2 minutes.

3. Add the garlic, paprika, and tomato paste and cook until there is a sweet, cooked tomato aroma and the shells soften slightly, about 2 minutes.

4. Add the brandy to the pot and deglaze the onion mixture. Reduce over medium heat until nearly dry, 2 to 3 minutes. Add the flour and cook for another 1 to 2 minutes.

5. Add the clam juice and bring the mixture to a simmer. Add the rice and simmer for 45 minutes over medium-low heat until the bisque is intensely rust-colored and has thickened slightly. Season with salt and pepper. Purée the bisque (including the shells) in a food mill (preferably), blender, or food processor. Strain the bisque through a fine-mesh strainer into another pot.

6. Return the bisque to a simmer and add the cream.

(continued on next page)

SERVES 6



DISH
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SHRIMP BISQUE, CONT.

7. Cut the shrimp into small dice. In a medium sauté pan over medium-high heat, melt the remaining 2 tablespoon of butter. Add the shrimp and sauté, stirring with a spoon, until cooked thoroughly and pink, 3 to 6 minutes. Add the shrimp to the bisque and simmer for 5 minutes.

8. Add the Old Bay, Tabasco, and Worcestershire. Taste, and adjust the seasoning with additional salt and pepper.

9. Add the sherry, bring the bisque to a simmer, and serve immediately. Or the soup may be rapidly cooled in an ice bath, refrigerated, and brought to a simmer before serving.

Note: To make a rich broth base for this soup, you will need the shells from about 4 lb of shrimp, though you won't use as many shrimp in the soup. You can purchase 4 lb of shrimp and use the remaining shrimp for another dish (add some to this week's Pad Thai, if you like, or freeze them for another day), or your fishmonger may be able to sell you just the shells you'll need.

Many chefs will reserve shrimp shells from other dishes and store them in the freezer. These shells would then be used in the soup to supplement what you buy for this dish.



DISH
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Banh Mi-style CHICKEN SALAD

Chicken is easy and tasty, so it's a no-brainer for a quick weeknight salad, but since banh mi sandwiches are traditionally made with pork, you can sub-in grilled pork chops or even tasty pork butt steak, if you can find it.

INGREDIENTS:

- 2 carrots, cut into thin, wide strips with a vegetable peeler
- 3 radishes, very thinly sliced
- 1/2 jalapeño, thinly sliced, seeds removed, if desired
- 1/2 cup seasoned rice wine vinegar
 - 1 cup water
 - 1/2 tsp kosher salt, plus more as needed
- 5 boneless, skinless chicken thighs
 - Ground black pepper, to taste
 - 1 tsp fish sauce
 - 1 clove garlic, minced
 - 1/4 cup vegetable oil
 - 2 heads Bibb lettuce, torn into bite-size pieces
 - 1/4 cup basil, chopped
 - 1/4 cup cilantro, chopped
 - 1/4 cup mint, chopped
- 1 seedless cucumber, thinly sliced
- 1 cup fresh French bread croutons

1. In a jar, combine the carrots, radishes, jalapeño, vinegar, water, and salt. Cover and shake to combine. Refrigerate for at least an hour to pickle.

2. Meanwhile, prepare a grill for medium-high heat cooking and lightly brush with oil. Season the chicken with salt and pepper and grill until cooked through and lightly charred, about 6 minutes per side. Set aside to rest, then thinly slice.

3. In a small bowl, combine 1/4 cup of the vegetable pickling liquid with the fish sauce, garlic, and vegetable oil to make a vinaigrette.

4. In a large serving bowl, combine the lettuce, basil, cilantro, mint, cucumber, pickled vegetables, sliced chicken, and croutons. Drizzle with vinaigrette (you may not use it all), and toss to combine. Serve right away.

SERVES 6



DISH
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Pepper and Eggplant FLATBREADS

These flatbreads are like quick personal pizzas. Serve them on their own or alongside a light green salad, if you like. Make your own pesto, or you can buy prepared if you're short on time.

INGREDIENTS:

- 4 plum tomatoes, thinly sliced
 - 1 tbsp chopped basil
 - 2 tsp chopped thyme
 - 1 tsp chopped oregano
 - Salt, as needed
 - 1 tbsp extra-virgin olive oil
- 8 slices eggplant, 1/2-inch thick
 - 1 1/2 cups [Pesto](#)
 - 4 pita breads
 - 2 cups sliced roasted red bell peppers
 - 3/4 cup grated mozzarella
 - 3/4 cup grated pepper Jack
- Freshly ground black pepper, as needed

1. Preheat the oven to 225°F. Place the tomatoes on a baking sheet. Season the tomatoes with the basil, thyme, oregano, salt, and a drizzle of the oil. Roast the tomatoes until they have dried slightly, about 45 minutes. Cool the tomatoes and reserve.

2. Preheat the grill. Lightly brush each eggplant round with the remaining oil. Grill the eggplant until browned and tender, 3 to 4 minutes per side.

3. Spread an even layer of the pesto on each pita and top evenly with tomatoes, eggplant, roasted peppers, and cheeses.

4. Reduce the grill to low heat (or use the outer rim of a charcoal grill). Place the flatbreads on the grill, cover, and cook until the crust is crisp and the cheeses are bubbly on the surface, about 4 minutes. Let cool slightly before serving. Finish with freshly ground black pepper.

SERVES 4



DISH
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PAD THAI

Tofu is a common protein in pad Thai, but you can use anything you'd like. To stir-fry, cut longer-cooking meats into thin strips, but quick-cooking ingredients like shrimp or scallops can be added whole.

INGREDIENTS:

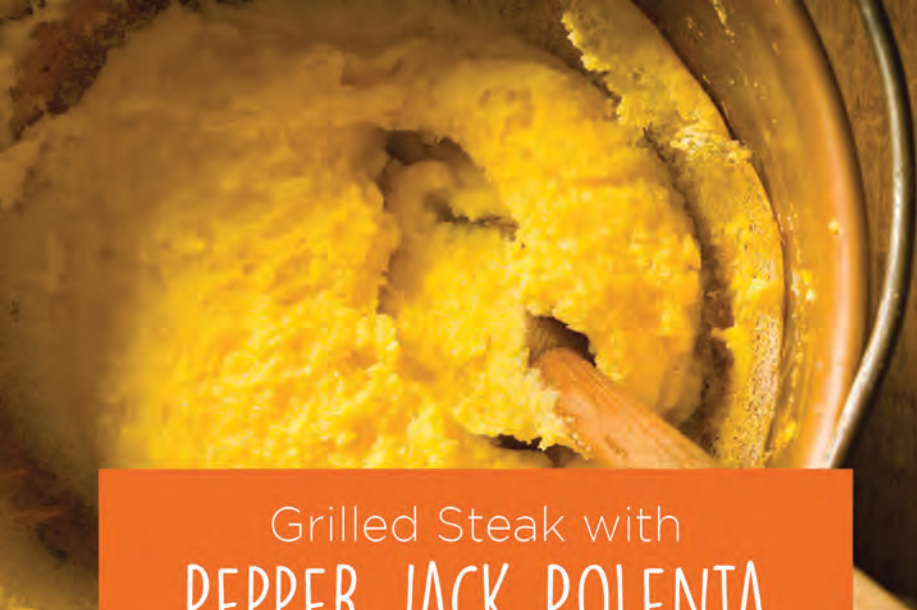
- 1 lb rice noodles
- 1 tbsp dried shrimp
- 1/4 cup Thai chili paste (nam prik pao), plus more as needed
 - 2 tbsp fish sauce,
 - 2 tbsp rice vinegar
 - 2 tbsp palm sugar,
 - 2 tbsp vegetable oil, plus more as needed
- 1/4 cup chopped garlic
 - 1 leek, thinly sliced
- 1 lb extra-firm tofu, pressed, cut into medium dice
 - 3 eggs, beaten slightly
- 2 green onions, thinly sliced
 - 8 oz bean sprouts
- 1 cup roughly chopped cilantro
 - 5 lime wedges
- 1/2 cup roasted peanuts, coarsely chopped

1. Soak the noodles in a bowl of warm water for 30 minutes. Drain well. Soak the dried shrimp in a small bowl of cool water for 30 minutes. Drain and finely chop.
2. Whisk together the chili paste, fish sauce, vinegar, and sugar.
3. Heat the oil in a wok over medium-high heat. Add the shrimp, garlic, leek, and tofu. Stir-fry until the leeks brighten in color and soften slightly, about 1 minute.
4. Add the noodles and stir to coat with the oil. Stir-fry for 30 seconds. Push the noodles to the upper edge of one side of the wok. Add a drizzle of oil to the space created in the wok, then add the beaten eggs and spread with a spatula to begin cooking. Allow the eggs to cook for 10 seconds before beginning to stir-fry the noodle-egg mixture again.
5. Stir in the fish sauce mixture and the green onions. Stir-fry until the noodles are soft, adding water as necessary to facilitate softening.
6. Fold in the sprouts and cilantro. Adjust the seasoning with additional chili paste, fish sauce, and sugar, as needed. Garnish with the lime wedges and peanuts and serve.

SERVES 4 TO 6



DISH
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Grilled Steak with PEPPER JACK POLENTA

The cheesy polenta is really the star of this dinner, so you can serve it alongside whatever you like. Grilled steak is a rich treat, especially paired with a creamy side, but you can grill chicken, veggies, or fish, or even serve the polenta with a prepared rotisserie chicken.

INGREDIENTS:

- 2 boneless ribeye or NY strip steaks
 - 1 tbsp vegetable oil
 - Kosher salt, as needed
- Freshly ground black pepper, as needed
 - 4 cups water
 - 3/4 cup yellow cornmeal
- 1/4 cup Parmesan cheese, grated
 - 1/2 pound pepper Jack cheese, grated

1. Preheat a gas grill to high; leave one burner off. If you are using a charcoal grill, build a fire and let it burn down until the coals are glowing red with a light coating of white ash. Spread the coals in an even bed on one side of the grill.

2. Brush the steaks with a bit of the oil and season with salt and pepper.

3. Grill the steaks over direct heat until marked, about two minutes on each side. Move the steaks to the cooler part of the grill and continue to grill over indirect medium heat until desired doneness; six to seven minutes per side for medium (cook slightly less for rare, slightly more for medium-well).

4. Transfer the meat to a cutting board or a large platter. Let the steaks rest for about 10 to 15 minutes before carving into slices.

5. Meanwhile, heat the water to a simmer in a medium saucepan. Gradually pour the cornmeal into the stock while stirring constantly. Cook over low heat, stirring almost constantly with a wooden spoon, until the polenta pulls away from the sides of the pot, about 20 minutes.

6. Remove the pan from the heat and stir in the Parmesan, Jack cheese, salt, and pepper. Serve the polenta immediately with the sliced steaks.

SERVES 4



DISH
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DINNER SHOPPING LIST

PROTEINS

- 2 boneless ribeye or NY strip steaks
- 5 boneless, skinless chicken thighs
- 12 oz shrimp shells (from about 4 lb shrimp)
- 18 shrimp (26/30)
- 1 lb extra-firm tofu

DAIRY

- 3 eggs
- 2 cups heavy cream
- 1 1/4 sticks butter
- 1/4 cup Parmesan cheese
- 3/4 cup grated mozzarella
- 1 lb pepper Jack

PANTRY

- 1 tbsp olive oil
- 1/2 cup vegetable oil
- 3/4 cup seasoned rice vinegar
- 1/2 cup all-purpose flour
- 2 tbsp tomato paste
- 3 tbsp fish sauce
- 1 tbsp dried shrimp
- 2 tbsp palm sugar
- 1/4 cup Thai chile paste (nam prik pao)
- 1 tsp Tabasco sauce
- 1 tsp Worcestershire
- 1 1/2 cups pesto
- 3/4 cup yellow cornmeal
- 1 lb rice noodles
- 1/3 cup long-grain white rice
- 1/2 cup roasted peanuts
- 1 tsp Old Bay
- 1 1/2 tsp paprika
- 2 quarts clam juice
- 1/4 cup brandy
- 1/2 cup dry sherry
- 1 baguette for croutons (or prepared croutons)
- 4 pitas
- Kosher salt
- Black pepper

PRODUCE

- 2 yellow onions
- 1 leek
- 1 head garlic
- 2 carrots
- 1 seedless cucumber
- 1 eggplant
- 4 plum tomatoes
- 3 radishes
- 1 jalapeño
- 2 heads Bibb lettuce
- 1 green onions
- 8 oz bean sprouts
- 2 limes
- 1 bunch basil
- 1 bunch cilantro
- 1 bunch mint
- 1 bunch thyme
- 1 bunch oregano



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