



WELCOME!

Happy 4th of July!

In many parts of the country, it is peak tomato season. For that reason, any or all of this week's recipes can be replaced by a BLT or piled-high tomato toast. This is the time, and we would never interfere with tomato season.

Of course, we're sneaking tomatoes into some of our dishes this week anyway. Use fresh plum or San Marzano-style tomatoes for Thursday's pasta sauce, if you like!

PREP AHEAD

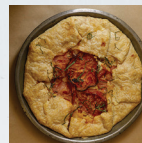
To make your week easier, check through this quick prep list on Sunday to get ahead of the game.

1. Make Monday's pepper salad.
2. Make Tuesday's cornmeal dough.
3. Prepare the marinade for Wednesday's tikka.



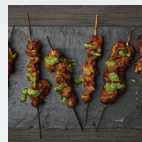
MONDAY

**Grilled Halibut
with Roasted Red Pepper Salad**



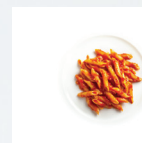
TUESDAY

**Tomato, Mozzarella,
and Basil Galette**



WEDNESDAY

**Chicken Tikka
with Grilled Veggies**



THURSDAY

Pennette a'lla Arrabiata



FRIDAY

Lemon-Infused Greek Salad



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GRILLED HALIBUT WITH ROASTED PEPPER SALAD

Grilling fish can be tricky, and while we believe in you, don't be afraid to utilize a fish basket to take away any stress. With a basket, the fish is held in place off the grates, meaning it won't stick to the grill or fall apart when you flip it!

INGREDIENTS:

- 2 bell peppers, or 1 cup of prepared roasted peppers
 - 2 tbsp olive oil
- 1/2 yellow onion, thinly sliced
- 1 1/2 tbsp garlic, thinly sliced
 - 1 tbsp capers, chopped
 - 2 tsp sherry vinegar
 - 1/4 tsp ground cumin
 - 1/4 tsp red pepper flakes
- Pinch of ground coriander
 - 1/2 tsp salt, or to taste
- 1/4 tsp freshly ground black pepper, or to taste
- 1 1/2 pounds halibut fillet

1. Rub the peppers with 2 tablespoons of the olive oil and roast them in a 350°F oven for 25 to 30 minutes, or until the skins start to fall off. Place the peppers in a bowl and place a piece of plastic wrap over them. Allow them to steam for 5 minutes.
2. Peel the skin off of the peppers and remove the stems and seeds. Slice the peppers into thin strips. (Skip the roasting step if using prepared roasted peppers.)
3. Heat the remaining olive oil in a large sauté pan over medium high heat. Add the onion and cook until lightly caramelized, about 8 to 10 minutes. Add the garlic and cook until aromatic.
4. Add the capers, vinegar, cumin, red pepper flakes, and coriander. Season with about 1/4 teaspoon salt and a pinch of black pepper. Keep warm.
5. Cut the halibut into four portions. Season the halibut with salt and pepper. Grill the halibut over medium-high heat until just cooked through, about 2 to 3 minutes. Serve with the roasted pepper salad.

SERVES 4



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A top-down view of a round, rustic galette in a metal pie pan. The galette has a golden-brown, flaky crust. The filling is visible in the center, consisting of sliced tomatoes, melted mozzarella cheese, and fresh basil leaves. The galette is set against a plain, light-colored background.

TOMATO, MOZZARELLA, AND BASIL GALETTE

A galette is a free-form, rustic version of a tart with a savory or sweet filling. This easy cornmeal pastry dough adds lots of flavor and texture, but in a pinch, you can substitute pie dough or prepared puff pastry.

INGREDIENTS:

- Cornmeal Pastry Dough (recipe follows), rolled into a 13-inch disc and fitted into a 9-inch pie pan
- 2 large (about 1 lb) tomatoes, rinsed, cut crosswise into 1/3-inch slices
 - 2 tbsp olive oil, plus as needed
- 1/2 tsp kosher salt, plus as needed
- 1/4 tsp freshly ground black pepper
 - 2/3 cup grated mozzarella (about 6 oz)
 - 1/4 cup grated Parmesan (about 1 oz)
 - 1 tablespoon sliced basil
 - 6 cups baby arugula
 - 1 lemon

1. Preheat the oven to 400°F.
2. Spread the sliced tomatoes on a baking sheet. Sprinkle with the oil, salt, and pepper.
3. Roast the tomatoes for 20 to 30 minutes, or until soft and slightly shriveled. Remove the pan from the oven and place it on a cooling rack. Let the tomatoes cool for 10 to 15 minutes. Reduce the oven temperature to 350°F.
4. Spread the mozzarella over the dough, leaving a 2- to 3-inch border. Top the mozzarella with the roasted tomatoes and then sprinkle evenly with the Parmesan.
5. Fold the border of dough over the filling to partially cover, pleating the excess slightly to create a uniform appearance. Carefully lift each pleat and brush egg wash under each fold to seal. Brush the top of the border with egg wash.
6. Bake for 20 to 30 minutes, or until the crust is golden brown.
7. Transfer the galette to a cooling rack. Sprinkle with the basil.
8. Meanwhile, toss the arugula with a drizzle of olive oil. Season with salt and lemon juice, to taste. Serve alongside the warm tart.



CORNMEAL PASTRY DOUGH

Look for a high-quality, stone-ground fine cornmeal for the best flavor and texture. This dough can be made a day or two in advance and rolled out later.

INGREDIENTS:

- 1 1/4 cups (5.75 oz) all-purpose flour
 - 1/4 cup (1.5 oz) finely-ground cornmeal
 - 1/2 tsp kosher salt
 - 1/4 tsp sugar
- 1/2 cup (1 stick; 4 oz) cold unsalted butter, cut into 3/4-inch cubes
 - 3 to 4 tbsp ice cold water, plus more as needed

1. In a large bowl, combine the flour, cornmeal, salt, and sugar. Scatter the butter pieces over the dry ingredients.

2. Using a pastry blender or by rubbing the mixture between your fingers, quickly cut or rub the butter into the dry ingredients until it is in pieces no bigger than small walnuts but no smaller than peas.

3. Sprinkle half of the water over the butter mixture. Using your hands or a rubber spatula, lightly toss the dry mixture to incorporate the water. Do not overwork the dough, or the butter may melt. Continue to add water in small amounts until the dough is rough but pliable and just holds together when pressed to the side of the bowl. The mixture should not form a ball or mass of dough in the bowl.

4. Turn the dough out onto a lightly floured work surface. Shape the dough into a 5- to 6-inch disc and wrap it tightly in plastic wrap. Refrigerate for at least 1 hour, or preferably overnight, until firm.





CHICKEN TIKKA

This is a very mild Indian-style preparation that is lightly spiced and not very spicy at all. We like it with [Cilantro-Cashew Chutney](#) (you can buy prepared varieties), but it's tasty enough on its own. Serve it with naan or even just steamed rice, if you like.

INGREDIENTS:

- 2 lb skinless, boneless chicken thighs, cut into 1-inch cubes
 - Salt, as needed
- Ground black pepper, as needed
 - Juice of 1 lemon
 - 2 tbsp ghee or canola oil
 - 1 tbsp paprika
- 1 1/2 tsp ground Korean chili pepper
 - 2 tsp ground cumin
 - 1 tsp ground ginger
 - 2 tsp ground turmeric
 - 2 tsp ground coriander
 - 1/2 cup diced onions
 - 2 cloves garlic, sliced
 - 1 cup Greek yogurt
 - 2 small zucchinis, halved
- 2 bell peppers, cored and quartered
 - 2 tbsp olive oil
- Naan, for serving (optional)

1. Season the chicken with salt, pepper, and lemon juice.
2. In a saucepan or similar pan, heat the ghee. Add the paprika, chili pepper, cumin, ginger, turmeric, and coriander and cook until aromatic, about 1 minute. Add the onions and cook over medium heat until the onions are very tender, about 10 minutes. Add the garlic and continue to cook until fragrant, about 1 minute.
3. Purée the onion-spice mix in a blender, adding small amounts of yogurt as needed to facilitate the blending.
4. Combine the spice purée with the diced chicken, mix well, and add the remainder of the yogurt. Marinate for about 1 hour. Skewer the chicken pieces (if using wooden skewers, soak in water for 30 minutes before using).
5. Prepare a grill for medium-high cooking. Toss the zucchini and peppers in the oil. Grill the vegetables and chicken until cooked through and well charred, 5 to 6 minutes.
6. Cut the vegetables into portion-sized pieces and serve alongside the chicken with the naan, if using.

SERVES 4 TO 6



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PENNETTE ALL'ARRABBIATA

You can use crushed red pepper flakes in place of the dried chiles, but start with a pinch and add to your desired spice-level. You can brown some ground sausage in the pan before you make the sauce, if you like.

INGREDIENTS:

- 6 tbsp extra-virgin olive oil
- 4 small dried red chiles (peperoncini), crushed
 - 3 garlic cloves, minced or thinly sliced
 - 1 can (28 oz) whole San Marzano tomatoes
- 1 lb dried penne lisse
- Kosher salt, as needed

1. Heat the oil in a 4-quart Dutch oven over medium heat. Add the dried chiles and garlic and stir to coat them with the oil. Sauté over low heat, stirring often, until the garlic is just starting to turn color, about 3 minutes. Add the tomatoes with their juices and simmer the sauce, uncovered, until it is very flavorful and the tomatoes are “sweet,” 25 to 30 minutes. Use a wooden spoon or a potato masher to break up the tomatoes while the sauce simmers.

2. Bring a large pot of salted water to a boil over high heat. Add the penne and stir to submerge and separate the pasta. Cook, uncovered, until just tender (al dente), 8 to 9 minutes (check the cooking time for your pasta).

3. Drain the pasta in a colander. Shake well to remove any water clinging to the pasta. Add the drained pasta to the arrabbiata sauce and toss them together until the pasta is evenly coated. Serve at once in warmed pasta plates.

SERVES 6



LEMON—INFUSED GREEK SALAD

Grain-stuffed grape leaves help make this salad feel hearty, though you can add grilled chicken or shrimp, if you like. Look for stuffed grape leaves at the olive bar or stop by your local Mediterranean restaurant and take some to-go.

INGREDIENTS:

- 2 tbsp fresh lemon juice
- 2 tsp balsamic vinegar
- 1 tbsp chopped parsley
- 1/2 tsp salt, plus to taste
- 1/8 tsp ground black pepper,
plus more as needed
- 3 tbsp vegetable oil
- 2 tbsp extra-virgin olive oil
- 9 cups romaine hearts, rinsed,
dried, and torn into bite-sized pieces
- 1 cup Greek olives, pitted,
cut in half lengthwise
- 2 cups peeled, thinly sliced
seedless cucumber
- 2 cups halved cherry tomatoes
- 1/2 cup thinly sliced bell pepper
- 1 cup thinly sliced red onion
- 2 cups crumbled feta
- 16 prepared stuffed grape leaves

1. In a salad bowl, combine the lemon juice, vinegar, parsley, salt, and pepper and stir until the salt is dissolved. Combine the canola and olive oil and add the mixture to the lemon juice and vinegar in a stream, whisking constantly, until the oil is blended into the dressing. Season the dressing with additional salt and pepper if needed to taste.
2. Add the romaine to the bowl. Add the olives, cucumbers, cherry tomatoes, pepper, and red onion. Toss the salad ingredients together with the vinaigrette until evenly coated.
3. Top with the feta and serve with the stuffed grape leaves.

SERVES 6



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DINNER SHOPPING LIST

PROTEINS

- 2 lb boneless chicken thighs
- 1 1/2 lb halibut fillet

DAIRY

- 1 cup Greek yogurt
- 2 cups crumbled feta
- 4 oz cold butter (1 stick)
- 6 oz mozzarella
- 1/4 cup grated Parmesan (1 oz)

PANTRY

- 2 tbsp ghee or canola oil
- 3 tbsp vegetable oil
- 1 cup olive oil
- 2 tsp balsamic vinegar
- 2 tsp sherry vinegar
- 1 tbsp capers
- 1 cup Greek olives
- 1 (28 oz) can whole San Marzano tomatoes
- 1 lb dried pennette lisce
- Prepared naan (optional)
- 16 prepared stuffed grape leaves
- 1 1/4 cups all-purpose flour
- 1/4 cup fine cornmeal
- 1/4 tsp sugar
- 4 small dried red chiles (peperoncini)
- 1/4 tsp red pepper flakes
- 1 tsp ground ginger
- 1 1/2 tsp ground Korean chili pepper
- 2 tsp ground turmeric
- 2 1/4 tsp ground cumin
- 1 tbsp paprika
- 2 1/2 tsp ground coriander
- Kosher salt
- Black pepper

PRODUCE

- 2 yellow onions
- 1 red onion
- 1 head garlic
- 2 large tomatoes (1 lb)
- 1 pint cherry tomatoes
- 6 bell peppers
- 2 small zucchinis
- 1 seedless cucumber
- 9 cups chopped romaine hearts
- 3 lemons
- 1 bunch basil

