



# WELCOME!

Monday's savory roasted cauliflower tart is one of our favorite comfort foods, like a holiday-quality gratin in a flaky, cheesy crust. It's a 2-page recipe, but you'll be surprised how easily it comes together.

The best part of this tart is eating it for lunch the next day, so savor any leftovers you may have (and be prepared to make it again soon!).

## PREP AHEAD

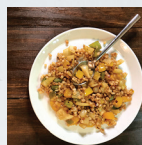
*To make your week easier, check through this quick prep list on Sunday to get ahead of the game.*

1. Make Monday's tart all the way through, if you like, and reheat for dinner.
2. Make Tuesday's couscous salad.
3. Make Friday's chili all the way through.



### MONDAY

**Roasted Cauliflower, Gruyère, and Parmesan Tart**



### TUESDAY

**Tangy Couscous Salad with Sausage**



### WEDNESDAY

**Chicken Curry**



### THURSDAY

**Fish Poached in Fennel-Orange Broth**



### FRIDAY

**Beef Chili**





## ROASTED CAULIFLOWER TART

**This parmesan pastry dough packs a lot of flavor, but this tart is just as tasty with any go-to pie dough, so swap out if you're looking to simplify. Serve the tart, which is nice and rich, alongside your favorite veggie or a simple greee salad, if you like.**

### INGREDIENTS:

#### Parmesan Pastry Dough

- 1 cup all-purpose flour
  - 1/4 tsp kosher salt
- 6 tbsp unsalted butter, cold, cut into 3/4-inch cubes
- 1/4 cup grated Parmesan cheese
  - 1 to 2 tbsp ice cold water, plus more as needed
- 1 small cauliflower (about 12 oz), cut into bite-size florets

1. In a large bowl, combine the flour and salt. 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. Add the cheese and toss gently to combine.

3. Sprinkle half of the ice-cold 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 out the dough onto a lightly floured work surface. Shape it 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.

5. On a lightly floured surface, roll out the dough to a 1/8-inch. Transfer the dough to a 9-inch tart pan, fit it into the pan, and trim the edges. Refrigerate the crust at least 1 hour or freeze at least 30 minutes or until ready to use.

*Continued on next page.*

SERVES 6



**DISH**<sup>®</sup>  
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## ROASTED CAULIFLOWER TART, CONT.

### INGREDIENTS:

#### Filling:

- 3 tbsp olive oil
- 3/4 tsp kosher salt
- 1/4 tsp ground black pepper
- 1 cup sour cream
- 1/4 cup heavy cream
- 2 large eggs
- 1/2 tsp mustard powder
- 3/4 cup coarsely grated Gruyère
- 1/4 cup grated Parmesan, packed

6. Preheat the oven to 400°F.

7. In a medium bowl, toss the cauliflower with the oil, 1/4 teaspoon of the salt, and the pepper. Spread the cauliflower in an even layer on a rimmed baking sheet and roast until soft and golden brown, 20 to 30 minutes. Remove the pan from the oven and place it on a cooling rack.

8. Line the chilled crust with lightly oiled or sprayed parchment and fill with weights. Partially blind bake the crust until it is a matte, pale golden color, 15 to 20 minutes. Transfer the crust to a cooling rack and remove the weights and parchment. Reduce the oven temperature to 350°F.

9. In medium bowl, combine the sour cream, heavy cream, eggs, the remaining 1/2 teaspoon salt, and the mustard powder and whisk until thick and smooth.

10. Sprinkle half of the Gruyère and Parmesan over the bottom of the prepared crust and arrange the cauliflower in an even layer over the cheeses. Pour the sour cream mixture over the cauliflower and sprinkle with the remaining cheeses.

11. Bake until the center of the tart is just set and the edges are golden brown, 20 to 25 minutes. If more top color is preferred, switch the oven to a broil setting and broil for 3 to 4 minutes, or until the cheeses begin to brown.

12. Remove the tart from the oven and place it on a cooling rack. Serve warm or at room temperature.

SERVES 6



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## TANGY COUSCOUS SALAD

**This couscous salad is the star of a simple weekday dinner. We've paired it with oven-roasted sausage links, but you can enjoy it alongside grilled shrimp, stewed white beans, or even a convenient rotisserie chicken.**

### INGREDIENTS:

- 1 lb Italian sausage links
- 8 oz (about 1 1/2 cups) Israeli couscous
- 2 to 3 tbsp olive oil, divided use
  - 1 fennel bulb, diced
  - 1 medium shallot, minced
    - Kosher salt, to taste
- Ground black pepper, to taste
  - 3 bell peppers, diced
- 2 to 3 cloves garlic, minced
- Red pepper flakes, to taste
  - 3/4 cup red wine vinegar
- 2 tbsp honey, plus more to taste

MAKES 4 TO 6 SERVINGS

1. Heat the oven to 400°F. Place the sausage on a baking sheet and roast, flipping halfway through, until browned and cooked through, about 20 minutes.
2. Meanwhile, in a medium saucepan, combine the couscous with 2 cups water. Bring to a simmer, cover, and cook until tender and the water is absorbed, about 8 minutes. Drain any excess water, if needed, and set aside.
3. Meanwhile, heat 2 tbsp of the oil in a skillet over medium heat. Add the fennel and shallot. Season with salt and pepper, and cook, stirring occasionally, until the shallot is cooked through and just beginning to brown around the edges, about 12 minutes.
4. Increase the heat to medium-high and add the bell peppers and the remaining 1 tablespoon oil. Cook, stirring occasionally, until the peppers are just cooked through and lightly browned, about 8 minutes.
5. Reduce the heat to low and add the garlic and red pepper flakes, and cook until aromatic, about 1 minute.
6. Add the vinegar and cook until it reduces by about half, about 3 minutes. Add the honey and stir to combine. Simmer for about a minute, then taste and adjust with additional vinegar or honey, as needed, for a sauce that is a slightly tart and slightly sweet.
7. Remove from the heat and combine with the couscous. Stir to coat, and adjust the seasoning with salt and pepper. Serve with the sausage.





## CHICKEN CURRY

You can use an Indian-style spice blend in place of the coriander, turmeric, and cinnamon, if you have one on hand, though the flavor may be slightly different. Serve this dish with naan or over white rice, if you like.

### INGREDIENTS:

- 1 1/2 tbsp grated ginger
  - 1 tbsp minced garlic
  - 3/4 cup plain yogurt
- 2 1/2 lb skinless chicken thighs, bone in (2 thighs per person)
  - 1 tsp red pepper flakes
- 2 cups diced yellow onion
  - 1 tbsp vegetable oil
- 1 tbsp ground coriander
  - 1 tsp garam masala
  - 1 tsp ground turmeric
- 1/4 tsp ground black pepper
  - 1 tsp ground cinnamon
  - 3/4 cup coconut milk
  - 1/2 cup frozen peas
  - 1 tsp fresh lemon juice
  - Kosher salt, as needed

1. Combine the ginger, garlic, and yogurt in a 1-gallon zip-top plastic bag. Stir or squeeze to combine the ingredients well. Add the chicken, remove as much air as possible from the bag, seal, and place in the refrigerator overnight.

2. Combine the red pepper flakes and onion in a food processor. Purée until smooth.

3. Heat the oil in a large pot over low heat. Add the coriander, garam masala, turmeric, and black pepper and lightly toast the spices, about 1 minute.

4. Add the red pepper flake-onion mixture and cinnamon. Increase the heat to bring the mixture to a boil, then reduce the heat and simmer for 10 minutes. Remove the pot from the heat, and add the coconut milk, chicken with its marinade, and peas.

5. Bring the mixture to a very gentle simmer over medium heat. Simmer until the chicken is tender, 30 to 40 minutes. Stir in the lemon juice and adjust the seasoning with salt as needed.

SERVES 4 TO 6



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## FISH POACHED IN FENNEL—ORANGE BROTH

Poached fish doesn't have to be boring, and this broth is flavorful without being too rich or decadent. We paired it with a simple veggie side dish, but you can add some cooked grains or couscous if your appetite calls for it.

### INGREDIENTS:

- 4 tsp olive oil
- 1 lb 8 oz fish fillet, such as flounder or salmon
- 1/2 tsp kosher salt
- 1/2 tsp ground black pepper
- 2 cups thinly sliced fennel bulb
  - 1 leek, sliced
  - 2 garlic cloves, thinly sliced
  - 1 tsp orange zest
- 3 cups low-sodium chicken broth
  - 1 orange, juiced
  - 2 tsp arrowroot
- 1/4 cup toasted sliced almonds
- 1/4 cup minced fennel fronds
  - 1/4 cup olive oil
- 3 tablespoons thinly sliced garlic
  - 3 lb broccoli rabe, chopped

1. Preheat the oven to 350°F. Cut a piece of parchment paper to fit a medium oven-safe skillet. Lightly oil the parchment.

2. Season the fish with the salt and pepper and set aside. Heat the remaining almond oil in the pan over medium heat. Add the fennel and sweat until it starts to soften, about 4 minutes. Add the leek, garlic, and orange zest. Once the leeks begin to soften, place the fish fillet on top of the vegetables.

3. Add enough of the broth to come half to three-quarters of the way up the sides of the fish. Add the orange juice and cover with the prepared parchment paper, oiled side down. Place the pan in the oven and poach just until the fish is opaque, 10 to 15 minutes.

4. Meanwhile, in a sauté pan, heat the oil over low heat. Add the garlic and cook until aromatic, about 30 seconds. Increase the heat to high, add the broccoli rabe, and sauté quickly until the broccoli rabe is bright green and tender, about 10 minutes. Season with salt and set aside.

5. Remove the fish from the pan and cover to keep warm. Strain the poaching liquid into a small saucepan and reserve the vegetables. Mix the arrowroot with 1 tablespoon water to form a paste. Bring the poaching liquid to a boil and add the arrowroot paste.

6. Allow to boil until the volume of the poaching liquid is reduced by half and thickened to a sauce consistency. Stir in the almonds and fennel fronds and serve with the sauce poured over the fish and vegetables, with broccoli rabe on the side.

SERVES 4 TO 6



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## BEEF CHILI

**This chili is best if made a few days ahead, so squeeze it in whenever you have some time. For a quick version, replace the beef shoulder with the same amount of ground beef or turkey. You'll only need to cook the chili for about 40 minutes, in that case.**

### INGREDIENTS:

- 3 lb boneless beef shoulder, cubed
  - 2 tsp ground cumin
  - 2 tsp ground coriander
- 1 tbsp sweet chili powder
  - 2 tbsp chili powder
  - 1 tsp dried oregano
- 1/2 tsp ground cinnamon
- 1/4 tsp cayenne pepper
- One 14.5-oz can whole plum tomatoes
  - 2 cups chopped onion
- 8 garlic cloves, roughly chopped
- 3 chipotles in adobo, chopped
- 1 jalapeño, seeded and chopped
  - 2 tsp tomato paste
    - 1 tsp sugar
  - 3 tbsp vegetable oil
    - 12 oz beer
  - 1 1/2 tsp kosher salt
- 1 tbsp fresh lime juice

1. In a bowl, combine the ground cumin and coriander with the chili powder, paprika, oregano, cinnamon, and cayenne.
2. In a food processor, purée the tomatoes, onion, garlic, chipotle peppers, jalapeño, tomato paste, and sugar until smooth. Reserve until needed.
3. Heat the oil in a large, heavy pot. Working in batches, brown the meat until it is browned all over. Transfer to a plate, as done.
4. Add the spice mixture to the pot to quickly toast the spices in the remaining fat from the meat. Deglaze the pan with the beer. Stir to pick up any caramelized bits on the bottom of the pan, add the puréed tomato mixture to the pot, and bring to a boil over high heat. Reduce the heat to establish a gentle simmer, then add the salt.
5. Continue simmering until the meat is tender, 2 to 2 1/2 hours. If the chili reduces down and becomes too thick during cooking, add some water to adjust the consistency; if there is not enough moisture, the meat will not cook properly.
6. When the meat is tender, add the lime juice. Serve the chili in bowls. Garnish with cheese, sour cream, or scallions, if you like.

SERVES 6

# DINNER SHOPPING LIST

## PROTEINS

- 1 lb Italian sausage links
- 1 1/2 lb fish fillet, like flounder or salmon
- 2 1/2 lb bone-in chicken thighs
- 3 lb boneless beef shoulder

## DAIRY

- 2 eggs
- 6 tbsp unsalted butter
- 1 cup sour cream
- 3/4 cup plain yogurt
- 1/4 cup heavy cream
- 3/4 cup grated Gruyère
- 1/2 cup grated Parmesan

## PANTRY

- 2 cups olive oil
- 1/4 cup vegetable oil
- 3/4 cup red wine vinegar
- 8 oz Israeli couscous
- 1 (14 oz) can whole plum tomatoes
- 2 tsp tomato paste
- 1 can chipotles in adobo
- 1 cup all-purpose flour
- 2 tsp arrowroot
- 3 cups low-sodium chicken broth
- 3/4 cup coconut milk
- 1/4 cup sliced almonds
- 2 tbsp honey
- 1 tsp sugar
- 12 oz beer, like a pale ale
- 1/4 tsp cayenne
- 1/2 tsp mustard powder
- 1 tsp garam masala
- 1 tsp ground turmeric
- 1 tsp dried oregano
- 1 1/2 tsp ground cinnamon
- 1 1/2 tsp red pepper flakes
- 2 tsp ground cumin
- 2 tbsp ground coriander
- Kosher salt
- Black pepper

## PRODUCE

- 4 medium yellow onions
- 1 medium shallot
- 1 leek
- 2 heads garlic
- 1 (2-in) piece ginger
- 3 bell peppers
- 1 jalapeño
- 3 lb broccoli rabe
- 1 head cauliflower
- 3 fennel bulbs
- 1/2 cup frozen peas
- 1 orange
- 1 lemon
- 1 lime

