

WELCOME!

This menu includes some of our favorite recipes, so you're in for a treat this week!

Friday's duck recipe may seem extravagant (and intimidating!), but it's actually an easy recipe perfect for a Friday night. In place of the duck, you could certainly use chicken. Bone-in, skin-on thighs would be our top choice.

PREP AHEAD

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

1. Make Tuesday's pickled veggies, and grill the chicken, if you like.
2. Make the Russian dressing for Wednesday.



MONDAY
Prosciutto and Egg Pizza



TUESDAY
Banh Mi-Inspired Chicken Salad



WEDNESDAY
Reuben Sandwiches



THURSDAY
Bucatini alla Carbonara



FRIDAY
Duck Breast with Caramelized Cauliflower





PROSCIUTTO AND EGG PIZZA

Use this recipe as a template for a minimal-ingredient pizza. Make your own crust, or buy prepared dough. Sub fig jam, tomato sauce, basil pesto, or olive oil and crushed garlic for the pepper jelly. Ham, bacon, or sausage can replace the prosciutto. Anything goes!

INGREDIENTS:

- 1 lb prepared pizza dough
- 1/4 cup red pepper jelly
- 6 oz thinly sliced prosciutto
 - 6 eggs

1. Preheat the oven to 525°F, with a pizza stone if you like.
2. Stretch or roll the pizza dough into a 16-inch circle and place on an oiled pizza pan (if using a pizza stone, place on a well-floured pizza peel).
3. Spread the dough all over with the red pepper jelly. Top with prosciutto and transfer to the oven. Bake until browned around the edges, about 10 minutes.
4. Remove from the oven and crack the eggs directly onto the pizza, spacing them evenly apart. Return to the oven and bake until the eggs are cooked to your desired doneness (about 7 minutes for runny yolks). Slice and serve right away.

SERVES 6



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BANH MI—INSPIRED CHICKEN SALAD

Grilled chicken thighs are easy and flavorful, but experiment with other proteins, if you like. Pork chops quickly seared in a cast iron skillet would be perfect, or even shredded rotisserie chicken, to make things easy.

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.

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. Thinly slice the chicken thighs.

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



REUBEN SANDWICHES

This recipe calls for corned beef, but you can use pastrami or turkey for your sandwiches. They're a nice, hearty meal on their own, but you may like to serve them alongside a green salad, some simple roasted veggies, or classic deli-style potato chips. Homemade Russian dressing is easy, but you can use prepared to save time.

INGREDIENTS:

- Russian Dressing (recipe follows)
 - 8 slices rye bread
 - 8 slices Swiss cheese
 - 1 lb sliced corned beef
 - 1 cup sauerkraut
 - 1/4 cup (4 tbsp) butter

Russian Dressing:

- 3/4 cup mayonnaise
- 1/4 cup ketchup
- 2 tbsp minced onion
- 1/2 tsp Worcestershire sauce
- Ground black pepper, as needed

1. To make the Russian dressing, combine the mayonnaise, ketchup, onion, Worcestershire sauce, and pepper in a bowl, and stir until combined.

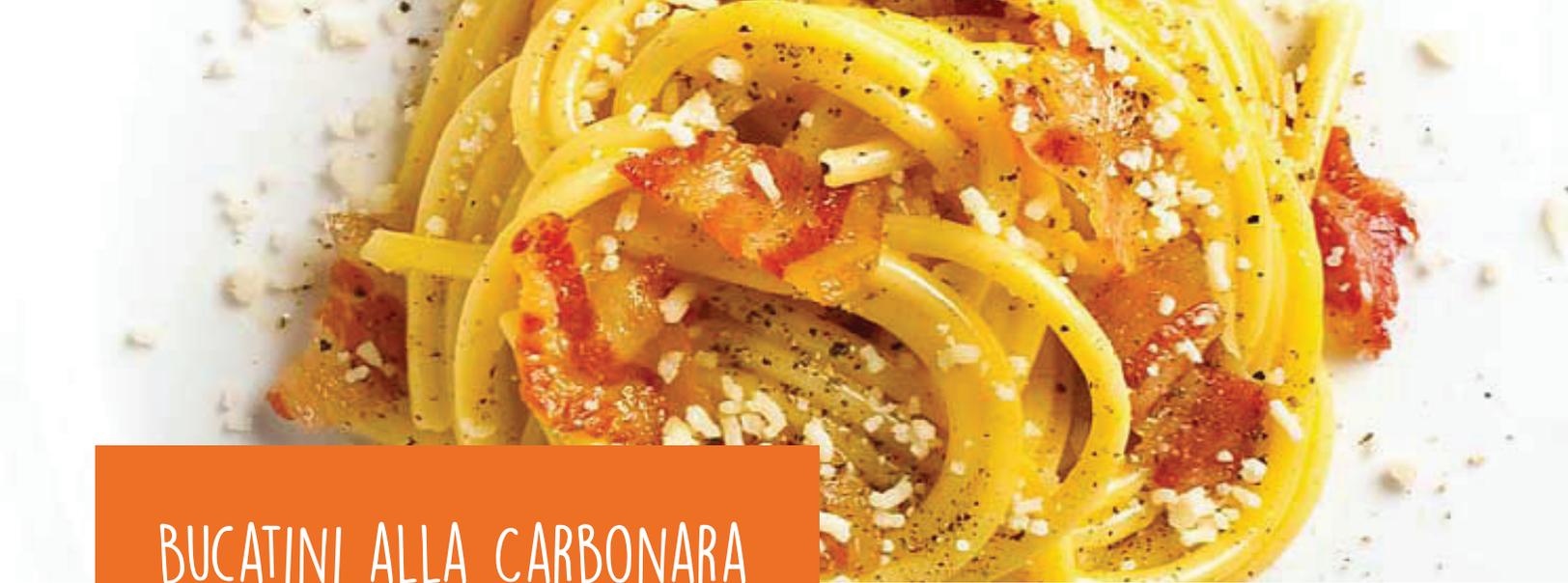
2. Lay out all slices of the rye bread and spread the Russian Dressing on top. Place a slice of cheese onto 8 of the bread slices, then place 1 or 2 slices of corned beef onto the cheese to cover. Place 2 tablespoons of the sauerkraut onto the corned beef and spread evenly. Place 1 or 2 more slices of corned beef onto the sauerkraut to cover, and top with another slice of cheese. Top with the remaining 8 slices of bread and press down slightly.

3. Heat half of the butter on a griddle or in a skillet over medium heat. Cook the sandwiches until brown and crispy on both sides, 5 to 8 minutes. If the bread browns before the cheese is melted, you can place the sandwich on a baking sheet in a 350°F oven until warmed through.

SERVES 4



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BUCATINI ALLA CARBONARA

The key to a smooth and creamy carbonara sauce is gentle heat. Typically, the heat from the hot pasta will be enough, but if you need to heat it, use the tongs to toss the mixture over very low heat just until it comes together.

INGREDIENTS:

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

5. Add the egg mixture and stir the bucatini together with the egg mixture and the bacon. 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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DUCK BREAST WITH CAMELIZED CAULIFLOWER

Duck is no more challenging to cook than chicken, so this is a perfectly simple weeknight or special occasion meal! The key to this, and most other duck recipes is giving the skin-side plenty of time to crisp.

INGREDIENTS:

- 4 Pekin duck breasts or 2 moulard duck breasts (they will be twice the size of the Pekin breasts)
 - Salt, as needed
- Freshly ground black pepper, to taste
 - 2 tbsp olive oil
 - 3 thyme sprigs
- 1/2 head cauliflower, sliced into 1/4-inch pieces
 - 2 shallots, diced
- 1 tbsp balsamic vinegar
 - 1 cup chicken broth
 - 16 prunes

1. Preheat the oven to 200°F.

2. Place the duck in a baking dish and season with salt, pepper, and olive oil. Add the thyme sprigs, place the duck breasts on top of the thyme, and set aside for 30 minutes.

3. In a sauté pan over medium-low heat, place the duck breasts, skin side down, and cook so that the layer of fat renders out. Continue to sauté until the skin is golden brown, about 12 minutes, then turn the breasts over and add the thyme sprigs to the pan. Continue to cook until the internal temperature registers 135°F, about 4 minutes. Remove the duck from the pan, transfer to a baking sheet and place in the oven to keep warm.

4. Add the cauliflower to the pan with the duck fat and cook over medium heat until golden brown around the edges, about 5 minutes. Add the shallots and continue to cook until they are soft and light golden brown, about 2 minutes. Transfer the cauliflower to a plate and set aside.

5. Add the vinegar to the pan and cook over medium heat until the liquid is syrupy, about 3 minutes. Add the broth and prunes and continue cooking until the mixture has reduced to approximately 1/2 cup.

6. Remove the duck from the oven and allow them to rest at room temperature for 5 minutes. Slice the duck and serve with the cauliflower and prune sauce.

SERVES 4

DINNER SHOPPING LIST

PROTEINS

- 5 boneless, skinless chicken thighs
- 4 Pekin duck breasts (or 2 moulard)
- 6 oz thinly sliced prosciutto
- 5 oz diced guanciale or pancetta
- 1 lb sliced corned beef

DAIRY

- 10 eggs
- 1/2 cup grated Pecorino Romano
- 8 slices Swiss cheese
- 4 tbsp butter

PANTRY

- 3 tbsp olive oil
- 1/4 cup vegetable oil
- 3/4 cup mayonnaise
- 1 tbsp balsamic vinegar
- 1/4 cup ketchup
- 1/2 cup seasoned rice vinegar
- 1/2 tsp Worcestershire sauce
- 1 tsp fish sauce
- 1 cup chicken stock
- 1 cup sauerkraut
- 1 lb dried bucatini
- French bread, for croutons
OR 1 cup prepared croutons
- 8 slices rye bread
- 1/4 cup red pepper jelly
- 16 prunes
- 1 lb prepared pizza dough
- Kosher salt
- Black pepper

PRODUCE

- 1 small onion
- 2 shallots
- 1 clove garlic
- 2 carrots
- 1 seedless cucumber
- 2 heads Bibb lettuce
- 1 head cauliflower
- 3 radishes
- 1 jalapeño
- 1 bunch basil
- 1 bunch cilantro
- 1 bunch mint
- 1 bunch thyme

