



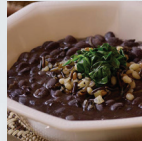
WELCOME!

Monday is Halloween, so if your night is going to be occupied by costumes, candy, and other spooky activities, you'll be glad for a filling, energy-packed soup that you can keep warm all night. Serve it alongside some bread, tortilla chips, or plantain chips to dip, 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 soup all the way through.
2. Prep veggies for all of the recipes, especially Thursday's tagine. With a little prep, it's a quick recipe!



MONDAY

Cuban-Style Black Bean Soup



TUESDAY

**Jap Chae
(Stir-Fried Rice Noodles)**



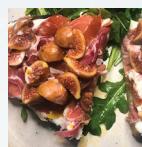
WEDNESDAY

Picadillo Cubano



THURSDAY

**Pumpkin, Zucchini,
and Chickpea Tagine**



FRIDAY

**Sweet and Spicy Ricotta
Toast with Figs**



DISH
EAT. DRINK. DISCOVER.



CUBAN-STYLE BLACK BEAN SOUP

We love the added flavor from the spices, sun-dried tomato, and sherry vinegar in this black bean soup. Garnish it with some mixed grains and wilted spinach and it becomes addictive. For a veggie version, omit the bacon and use veggie broth.

INGREDIENTS:

- 12 oz dried black beans
 - 2 cloves
 - Pinch allspice
- 1/4 tsp black peppercorns
 - 8 cups chicken broth
- 1/2 ounce bacon, minced
 - 1 tsp canola oil
 - 3/4 cup diced onion
 - 2 garlic cloves, minced
 - 1/4 tsp ground cumin
 - 1 lemon, thickly sliced
- 2 tbsp toasted and chopped ancho chile
 - 1 tsp minced jalapeño
 - 1/4 cup chopped sun-dried tomatoes
 - 1 tsp oregano
 - 1 tsp kosher salt
 - 1 tbsp sherry vinegar
 - 3/4 cup cooked barley, brown rice, or mixed-grains
- 1/2 cup wilted spinach, chopped

1. Soak the beans for 8 to 12 hours in enough cold water to cover by 3 inches.
2. Meanwhile, wrap the cloves, allspice, and pepper in a small piece of cheesecloth, and tie the package tightly with kitchen twine.
3. Drain the beans and simmer in the chicken broth with the sachet until the beans are tender, 20 to 25 minutes. Remove the sachet.
4. In a large sauté pan, cook the bacon until the fat renders and the bacon begins to crisp. Add the canola oil. Add the onion, garlic, and cumin and sauté until the onion is translucent, 4 to 5 minutes.
5. Add the lemon, ancho and jalapeño chiles, tomatoes, oregano, salt, and onion mixture to the beans and simmer until the soup is flavorful, about 15 minutes more.
6. Remove and discard the lemon slices. Remove one-third of the beans from the soup and purée in a blender or food processor. Stir the puréed beans back into the soup. Stir in the vinegar.
7. In a small bowl, combine the cooked barley, rice, or pilaf and the spinach until well mixed. Serve each bowl of soup garnished with some of the rice mixture.

SERVES 6



DISH
EAT. DRINK. DISCOVER.



JAP CHAE

If you can locate Korean glass noodles, also known as dang myun, use them in this dish. They are similar to cellophane or glass noodles made from mung beans, but they are slightly thicker and chewier. You can find them, plus the dried mushrooms, at well-stocked grocery stores or speciality Asian markets.

INGREDIENTS:

- 10 dried oak mushrooms,
- 1 oz dried wood ear mushrooms
- One (18-oz) package glass noodles
 - 3 scallions, sliced thin
 - 1/2 cup soy sauce
 - 1 tbsp sesame oil
 - 2 tbsp sugar
 - 1/2 cup vegetable oil
- 1 cup thinly sliced onion
 - 1 tbsp minced garlic
- 1 cup red bell pepper julienne
- 2 cups shredded green cabbage
 - 1 cup carrot julienne
 - Salt, as needed
- Freshly ground black pepper,
as needed
- 4 large eggs, lightly beaten

1. Rehydrate the oak mushrooms and wood ears separately in cool water. Drain and reserve the soaking liquid to moisten the noodles if necessary. Cut off the stems and any hard portions of the mushrooms and discard them. Cut the caps into 1/8-inch wide strips. Set aside.
2. Pour enough boiling water over the noodles to cover them by at least 2 inches. Soak until rehydrated and elastic, about 15 minutes. Drain, rinse with cool water, and reserve.
3. Stir together the scallions, soy sauce, sesame oil, and sugar in a small bowl. Set aside.
4. Heat the oil in a wok or skillet over high heat until it shimmers. Add the onion and garlic and stir-fry until tender, about 2 minutes.
5. Add the red bell pepper, cabbage, carrot, and mushrooms. Stir-fry until the vegetables are very hot, about 5 minutes. Add the scallion-soy sauce mixture and stir-fry until all of the ingredients are evenly coated. Add the noodles and stir-fry until very hot, 4 to 5 minutes. Season with to taste with salt and pepper.
6. Pour the eggs over the noodles and vegetables and stir-fry until the eggs are thickened and set, another 3 minutes. Serve immediately on heated plates.

SERVES 4



DISH
EAT. DRINK. DISCOVER.



PICADILLO CUBANO

Use ground turkey or chicken in place of the beef, if you like. If you have leftovers, this dish freezes really well. You can also make some empanada dough and use it as a filling.

INGREDIENTS:

- 1 quart beef stock
- 1/4 cup vegetable oil, plus more as needed
- 10 oz Russet potato, peeled, small dice
 - 1 lb ground beef
 - 6 oz ham, small dice
- 10 oz yellow onions, small dice
- 8 oz red bell pepper, small dice
 - 2 cloves garlic, minced
 - 5 oz diced plum tomatoes
- 1 1/2 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1/4 cup manzanilla olive brine
- 1/4 cup chopped manzanilla olives
 - 1/4 cup black raisins
 - Kosher salt, as needed
- Freshly ground black pepper, as needed
- 4 cups cooked brown or white rice
 - 8 fried eggs

1. Place the beef stock in a small saucepan over medium heat and simmer until reduced to 1 cup. Set aside.
2. Place the oil in a large sauté pan (add more, as needed to cover the bottom of the pan). Heat until the oil shimmers, and add the potatoes. Cook, stirring and flipping occasionally, until crisp and golden brown, about 5 minutes. Transfer to a towel-lined tray to drain.
3. Add more oil if needed, then add the beef and cook until browned, about 8 minutes. Add the ham, onion, pepper, and garlic and sauté until softened, about 5 minutes.
4. Add the tomatoes, cumin, oregano, and reduced beef stock. Simmer until the liquid has reduced and the vegetables are tender, about 15 minutes.
5. Stir in the reserved potatoes, olive brine, olives, and raisins, and season with salt and pepper, to taste.
6. Serve hot with white rice, topped with an egg.

SERVES 8



DASH
EAT. DRINK. DISCOVER.



PUMPKIN, ZUCCHINI, AND CHICKPEA TAGINE

This veggie-rich stew cooks quickly, making it perfect for a fall dinner during a busy week. You can cook chickpeas from dry, if you like, but canned beans (drained and rinsed) are a great shortcut.

INGREDIENTS:

- 2 vegetable olive oil
- 2 tbsp minced ginger
 - 1 cup diced onion
- 1 1/2 cups diced leeks
(white and light green parts only)
 - 5 garlic cloves, minced
 - 1 1/2 tbsp curry powder
- 2 1/2 cups peeled diced pumpkin
or butternut squash
 - 1 zucchini, diced
- 3 1/2 cups vegetable broth
- 1 eggplant, peeled and diced
 - 1/2 cup small dice carrot
 - 1/2 cup diced celery
 - 1/2 cup dried currants
 - 1/4 cup tomato purée
- 2 cups cooked chickpeas,
rinsed
 - 1 tbsp lemon juice
 - 1/4 tsp kosher salt
 - 2 tsp lemon zest

1. Heat the oil in a large soup pot over medium heat. Add the ginger, onion, leeks, and garlic and cook, stirring frequently over low heat until the onions are limp and translucent, about 4 to 5 minutes. Add the curry powder and sauté until aromatic, about 1 minute.

2. Add the pumpkin, zucchini, and just enough of the broth to cover the vegetables, and cook over medium heat for about 10 minutes.

3. Add the eggplant, carrot, celery, currants, tomato purée, and enough broth to cover the vegetables and simmer until all the vegetables are tender, about 25 minutes.

4. Stir in the chickpeas. Season with the lemon juice and salt. Cover and cook until heated completely. Garnish with the lemon zest.

SERVES 6



DASH
EAT. DRINK. DISCOVER.



SWEET AND SPICY RICOTTA TOAST WITH FIGS

If you like sweet but not spicy, skip the chili oil step. If you can't get your hands on fresh figs, you can use fig jam, sliced apples, or pears. For a vegetarian version, try adding salted nut butter or grilled eggplant.

INGREDIENTS:

- 1/2 cup olive oil,
plus more as needed
- 2 tbsp red pepper flakes
- 12 oz (about 1 1/2 cups) ricotta
(see note)
- 1 tbsp minced rosemary
(from about 1 sprig)
- Kosher salt, to taste
- Ground black pepper, to taste
- 4 slices rye bread
- 4 oz thinly sliced prosciutto
or salami
- 6 oz figs, quartered or halved,
depending on their size
- 4 cups arugula
- 1 lemon, quartered

1. In a small saucepan, heat the oil over medium heat. Add the pepper flakes and cook until the flakes begin to sizzle, about 1 minute. Remove from the heat, cover, and set aside for at least 1 hour. Strain and set aside.
2. Meanwhile, in a small food processor, combine the ricotta and rosemary. Blend until the ricotta is smooth and lightly whipped, about 1 minute. Season with salt and pepper, to taste.
3. Using a pastry brush, lightly brush the bread on both sides with the reserved chili oil. Grill or griddle the bread until toasted and browned on both sides.
4. Spread each piece of toast with a quarter of the ricotta, a few slices of prosciutto, and a quarter of the figs. Drizzle with leftover chili oil, if you like, and sprinkle with salt.
5. Just before serving, toss the arugula with a drizzle of olive oil (use plain oil for the salad), a squeeze of lemon juice, and salt and pepper, to taste. Serve alongside the toast, or on top, if you prefer.

Note: Some ricottas contain more moisture than others. If yours seems particularly wet or soupy, place it in a mesh strainer set over a bowl while you prepare the other ingredients.

SERVES 4



DASH
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DINNER SHOPPING LIST

PROTEINS

- 1 lb ground beef
- 6 oz ham
- 4 oz prosciutto
- 1/2 oz bacon

DAIRY

- 12 eggs
- 12 oz ricotta

SPICES

- 2 tbsp red pepper flakes
- 1 1/2 tbsp curry powder
- 2 tsp ground cumin
- 2 tsp oregano
- 2 cloves
- Pinch allspice
- 1/4 tsp black peppercorns
- Kosher salt
- Ground black pepper

PANTRY

- 1 1/4 cup canola oil
- 1/2 cup olive oil
- 1 tbsp sesame oil
- 1 tbsp sherry vinegar
- 1/2 cup soy sauce
- 4 slices rye bread
- 2 quarts chicken broth
- 1 quart beef stock
- 1 quart vegetable broth
- 1 small jar manzanilla olives
- 10 dried oak mushrooms
- 1 oz dried wood ear mushrooms
- 1/4 cup chopped sundried tomatoes
- 1/4 cup tomato purée
- 1 ancho chile
- 4 cups cooked brown or white rice
- 3/4 cup cooked barley, rice, or mixed-grains
- 2 cups canned chickpeas
- 12 oz dried black beans
- 1/2 cup dried currants
- 1/4 cup black raisins
- 2 tbsp sugar

PRODUCE

- 3 yellow onions
- 2 leeks
- 4 carrots
- 1 stalk celery
- 12 cloves garlic
- 1 (2-in) piece ginger
- 8 oz plum tomatoes
- 2 red bell peppers
- 1 jalapeño
- 4 cups arugula
- 1 zucchini
- 1 eggplant
- 1 head green cabbage
- 2 1/2 cups peeled diced pumpkin/butternut squash
- 10 oz Russet potatoes
- 3 lemons
- 6 oz figs
- 1 bunch scallions
- 1 bunch rosemary

