



WELCOME!

We're excited for grilling, and we're starting the year off with our new go-to: the grilled pork banh mi. Make everything ahead of time, but wait to grill the pork until you're ready to serve. The thin cutlets will only take a few minutes to finish, and you'll love the contrast of hot pork with cold, crisp veggies.

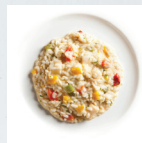
PREP AHEAD

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

1. Marinate the pork for Monday's sandwiches.
2. Roast the peppers for Tuesday's risotto.
3. Make Wednesday's lemon-scallion sauce.
4. Prepare Thursday's spice blend, through Step 2.
5. Make Friday's soup all the way through, if you like.
Add the bread and cheese to serve.



MONDAY
Grilled Pork Banh Mi



TUESDAY
Risotto with Sweet Peppers and Scallops



WEDNESDAY
Steamed Fish with Lemon-Scallion Sauce



THURSDAY
Beef Rendang



FRIDAY
French Onion Soup



DISH
EAT. DRINK. DISCOVER.



GRILLED PORK BANH MI

Though the recipe features grilled pork, you can substitute a variety of proteins, like chicken thighs, peeled shrimp, or plant-based seitan. If you can find prepared pickled carrots, use those! But if not, [here's our recipe](#).

INGREDIENTS:

- 1 1/2 tbsp minced lemongrass
 - 1/4 cup sugar
 - 2 tbsp fish sauce
 - 1/2 tbsp ground black pepper
 - 2 cloves garlic, minced
 - 1 tbsp roasted sesame oil
 - 1 tbsp soy sauce
 - 1 1/4 lb pork sirloin cutlets, thinly sliced
 - 1/2 cup mayonnaise
 - 1 1/2 tbsp Sriracha sauce
 - 1 French baguette, or
- 4 to 6 individual baguette rolls
- Sliced cucumbers, as needed
 - Pickled carrots, as needed
 - Fresh herb leaves: cilantro, mint, and basil, as needed

1. Prepare the marinade by combining lemongrass, sugar, fish sauce, pepper, garlic, sesame oil, and soy sauce in a shallow container. Place the cutlets between 2 sheets of plastic wrap and pound lightly with a mallet until uniformly thinned. Place the pork in the marinade, turning to coat evenly. Cover and refrigerate for 2 hours or overnight. Combine the mayonnaise and the Sriracha, place in a covered container, and reserve in the refrigerator.

2. Preheat the grill to high. Grill the pork, turning once, until pork slices are lightly charred on both sides and the meat is cooked through, about 1 to 2 minutes per side. Remove from the grill and reserve.

3. Cut the baguette lengthwise, slicing it almost in half but leaving it hinged at the side. Spread a thin layer of the Sriracha mayonnaise on both sides of the bread. Cut the cutlets as needed to fit them into the sandwich, laying them on one side of the bread. Add a layer of sliced cucumbers, followed by a generous amount of the pickled carrots. Complete the sandwich with the addition of a generous amount of fresh herbs, as you might use lettuce in a different type of sandwich. Fold the sandwich together and gently press so that all of the filling ingredients adhere to the bread. Slice into 4 to 6 individual sandwiches.

SERVES 4 TO 6



DISH
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RISOTTO WITH SWEET PEPPERS AND SCALLOPS

If you can find bay scallops, they are perfect for this dish. If not, sea scallops are still good. If your sea scallops are extremely large, you can cut them in half. If scallops aren't for you, shrimp makes a great substitute.

INGREDIENTS:

- 1 1/2 lb red and/or yellow peppers (about 4 medium)
 - 1/2 cup extra-virgin olive oil
- 6 cups vegetable or chicken broth
- 3 oz (6 tbsp) unsalted butter, cubed
 - 3/4 cup minced yellow onion
 - 1 lb (2 2/3 cups) Carnaroli rice
- 1 lb scallops, muscle tabs removed
- 1/4 cup chopped flat-leaf parsley
- 3 or 4 large basil leaves, torn into small pieces or chopped
 - 2 tbsp grated Parmigiano-Reggiano (optional)
 - 1 tsp chopped garlic
 - Kosher salt, as needed

MAKES 6 SERVINGS

1. Preheat the oven to 400°F. Rub the peppers with oil and place them in a baking dish. Roast the peppers until they are tender enough to collapse and the skin is wrinkled and starting to pull away, about 20 minutes. Place the peppers in a bowl and cover them to help loosen the skin. When they are cool enough to handle, cut around the stem and pull out the seeds and ribs. Make a cut through one side of the pepper and open it flat to scrape out any remaining seeds or ribs. Cut the peppers into medium dice and set aside.

2. Heat the broth in a pot over low heat; keep warm.

3. Heat 3 tablespoons of the butter in a large pot over low heat. Add the onion and cook, stirring frequently, until the onion is tender and translucent, about 4 minutes. Add the rice and toast lightly, stirring frequently, about 2 minutes.

4. Add enough of the broth to cover the rice by 1/2-inch, and cook, stirring frequently to be sure the rice doesn't stick to the bottom. As the rice absorbs the broth, keep adding more, 1/2 cup at a time. Add the diced peppers and the scallops to the rice after it has cooked for 10 minutes. Continue adding broth and stirring until the rice is tender and creamy and the scallops are cooked, 6 to 8 minutes more.

5. Remove the pot from the heat. Add the remaining 3 tablespoons butter, the parsley, basil, cheese, if using, and garlic and stir vigorously until the risotto is creamy. Taste and season with salt, if needed. Serve at once on heated plates.



DASH
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STEAMED FISH WITH LEMON—SCALLION

Try to find halibut or another rich white fish that has not been previously frozen. You'll have extra sauce, so serve it over rice, other steamed vegetables, or even chicken breasts.

INGREDIENTS:

Lemon-Scallion Sauce

- 1 tbsp plus 1/2 tsp kosher salt,
or as needed
- 1 bunch scallions (about 2 oz),
most of the dark green part trimmed
- 2 tbsp rice wine vinegar
- 1 tbsp fresh lemon juice
- 1 tbsp minced shallot
- 1/2 tsp sugar
- Black pepper, as needed
- 3/4 cup vegetable oil
- 2 tsp sesame oil

- 1 tsp finely grated lemon zest
- 1/2 tsp salt
- 1/8 tsp black pepper
- 2 oz baby spinach leaves
- Four 6-ounce pieces
of halibut or sea bass
- 8 oz carrots, trimmed, peeled, and
cut into thin matchstick pieces
(about 2 cups)

1. For the sauce: Bring a medium saucepan of water to a boil over medium-high heat. Add 1 tablespoon of salt to the water. Add the scallions and blanch until they are bright green and just softened, about 1 minute. Drain immediately.

2. Place the blanched scallions, vinegar, lemon juice, shallot, sugar, and pepper in a blender and purée for 20 seconds. With the blender running, slowly pour the oils through the open hole in the blender top to emulsify, about 30 seconds. Taste and adjust the seasonings if necessary.

3. For the fish: Mix together the lemon zest, salt, and pepper in a small bowl. Bring a couple of inches of water to a simmer over medium-high heat in a wok or pan 2 inches larger than a steamer basket. Place one layer of the spinach leaves in the top of the basket and lay the fish on top of the spinach. Sprinkle about 1/4 teaspoon of the lemon zest mixture over each piece of fish. Place the carrots in the bottom steamer basket and tuck the remaining spinach leaves around the carrots. Place the covered steamer basket over the simmering water and cook just until fish flakes easily, about 10 minutes.

4. Divide the carrots and spinach among 4 dinner plates. Place a piece of fish on top of the carrots and spinach and drizzle with 1 to 2 tablespoons of the sauce. Serve immediately.

SERVES 4



DASH
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BEEF RENDANG

This dish is often made with beef, but it can also be made with other meats or starchy vegetables. A key to success with this dish is to cook the beef until the sauce is completely dry and the fat begins to render. Look for galangal, in the produce section of specialty Asian grocery stores, near the ginger.

INGREDIENTS:

- 3 guajillo chiles, stems and seeds removed
- 3 kaffir lime leaves
- 1 tsp cracked black peppercorns
- 1/2 oz thinly sliced peeled galangal
 - 1/4 cup ground turmeric
 - 5 garlic cloves
 - 5 shallots, sliced
 - 3 stalks lemongrass, coarsely chopped
 - 3 macadamia nuts
- 1/4 cup vegetable oil

- 3 lb beef shoulder, cut into 1 1/2-inch cubes
- Kosher salt, as needed
- 3 cups coconut milk
 - Juice of 3 limes
- Steamed rice, as needed

1. Soak the chiles in water for about 10 minutes.

2. In blender, combine the chiles, lime leaves, peppercorns, galangal, turmeric, garlic, shallots, lemongrass, and macadamia nuts. Purée until smooth. Use water to facilitate blending only if necessary.

3. In a rondeau or wok, sweat the spice mixture in 2 tablespoons oil over moderate heat until the fat begins to separate from the solids and the rempah is aromatic, 8 to 10 minutes.

4. Season the beef with salt, add to the rempah along with the remaining oil, and continue to sweat gently over medium heat until the beef is cooked on all sides, about 5 minutes.

5. Add the coconut milk, and cook until the meat is tender and a “dry sauce” is created, 45 to 60 minutes. If the sauce has reduced to almost a paste consistency but the meat is not tender yet, add more water and continue cooking as needed.

6. Once the beef is tender and the sauce is reduced to a paste, add the lime juice, and continue to cook for 1 minute more. Adjust seasoning with salt if needed.

7. Serve over steamed rice.

SERVES 6 to 8



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FRENCH ONION SOUP

You don't need an excuse to enjoy a bowl of French Onion Soup, and we think Friday is as good a reason as any. You can make the soup several days in advance, if you like. Just finish with the bread and cheese after reheating.

INGREDIENTS:

- 1/4 cup olive oil or vegetable oil
 - 4 yellow onions, thinly sliced
 - 2 garlic cloves, minced
 - 1/2 cup brandy
- 6 cups beef or chicken broth, warm
- 1 sprig fresh or 1/2 teaspoon dried tarragon, 4 sprigs parsley, 1 bay leaf, and 1 clove peeled garlic, wrapped in cheesecloth and tied with kitchen twine
 - Salt, as needed
- Freshly ground black pepper, as needed
 - 8 slices French bread (about 1/4-inch thick)
 - 1 cup shredded Gruyère, plus more as needed

1. Heat the oil in a soup pot over medium-low heat. Add the onions and cook, without stirring, until they begin to brown on the bottom. Increase the heat to medium, stir, and continue to cook, stirring occasionally, until the onions are deeply caramelized to a dark golden brown and very soft, 30 to 45 minutes. If the onions begin to scorch, add a few tablespoons of water.

2. Add the garlic and continue to cook for 1 minute more. Add the brandy and stir to deglaze the pan, scraping up any browned bits from the bottom of the pan. Simmer until the liquid has nearly evaporated, 2 to 3 minutes.

3. Add the broth and the tarragon sachet and bring to a simmer. Cook, partially covered, for 45 to 60 minutes, skimming any foam that rises to the surface. Remove and discard the sachet. Season with salt and pepper.

4. Serve immediately, or cool and refrigerate to allow the flavors to develop.

5. To serve, preheat the oven to 350°F. Ladle the soup into 8 individual ovenproof onion soup crocks. Top each crock with a slice of bread and sprinkle with grated cheese, covering the bread completely and coming to the edges of the crocks. Set the soup crocks in a large baking dish and add enough boiling water to the baking dish to reach two-thirds of the way up the sides of the crocks, making a water bath. Bake until the soup is thoroughly heated, if needed, and the cheese is lightly browned, 10 to 15 minutes.

SERVES 6 TO 8

DINNER SHOPPING LIST

PROTEINS

- 3 lb beef shoulder
- 1 1/4 lb pork
sirloin cutlets
- 1 lb scallops
- 4 (6 oz) pieces
of halibut or sea bass

DAIRY

- 2 tbsp grated
Parmigiano-Reggiano
- 6 tbsp unsalted butter

PANTRY

- 1/2 cup olive oil
- 1 cup vegetable oil
- 2 tbsp sesame oil
- 2 tbsp rice wine vinegar
- 6 cups vegetable broth
- 3 cups coconut milk
- 3 guajillo chiles
- 3 kaffir lime leaves
- 1/2 cup mayonnaise
- 2 tbsp fish sauce
- 1 tbsp soy sauce
- 1 1/2 tbsp Sriracha
- 1 lb Carnaroli rice
- 1 lb white rice
- 3 macadamia nuts
- Pickled carrots
- 1/4 cup sugar
- 1 French baguette
or 4 or 6 rolls
- 1/4 cup ground turmeric
- Kosher salt
- Black pepper

PRODUCE

- 8 oz carrots
- 6 shallots
- 1 head garlic
- 1 piece galangal
- 4 stalks lemongrass
- 1 bunch scallions
- 1 1/2 lb red or yellow
bell peppers
- 1 English cucumber
- 2 oz baby spinach
(about 1 quart)
- 3 limes
- 1 lemon
- 1 bunch parsley
- 1 bunch cilantro
- 1 bunch mint
- 1 bunch basil



DASH
EAT DRINK DISCOVER

