



# WELCOME!

We're eating a lot of simple dishes this week, which is nice not just because they're easy to make, but because they give you lots of room for improvisation.

For the lemon-ginger chicken, for example, leave out the ginger and Szechuan peppercorns, and add some olive brine and oregano for a Mediterranean twist!

## PREP AHEAD

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

1. Make your pickled fennel.
2. Prepare the marinade for Tuesday's chicken.



### MONDAY

**Smashed Chickpea Toasts with Pickled Fennel**



### TUESDAY

**Lemon-Ginger Grilled Chicken with Grilled Veggies and Rice**



### WEDNESDAY

**Pennette all'Arrabbiata**



### THURSDAY

**Roasted Chicken Chilled Asparagus Salad**



### FRIDAY

**BBQ Hominy Stew**



## Smashed Chickpea Toasts WITH PICKLED FENNEL

We use chickpeas in this recipe, but you can use any bean you have on hand, canned or freshly cooked. The fennel is flavorful and crisp, but if it isn't your thing, you can substitute onion, thinly shaved carrot, or even sauerkraut.

### INGREDIENTS:

Pickled Fennel

- 1/2 cup cider vinegar
  - 1/2 cup water
  - 1 tbsp sugar
- 1 tsp kosher salt
  - 1 bulb fennel, cored and thinly sliced
- 1/2 red chile, thinly sliced
  - 2 cloves garlic
  - 1 bay leaf
- 1 tbsp olive oil
- 1 shallot, thinly sliced
- 1 (15 oz) can chickpeas, drained and rinsed
  - Kosher salt, to taste
- Ground black pepper, to taste
  - 1 clove garlic
  - 2 tbsp tahini
- 4 slices crusty bread, like sour-dough or rye bread, lightly toasted
  - Chopped parsley, for garnish

1. In a small pot, combine the vinegar, water, sugar, and salt over medium heat. Stir until the sugar and salt has fully dissolved, about 2 minutes. Remove from the heat and set aside.

2. In a jar or glass bowl, combine the fennel, chile, garlic, and bay leaf. Pour the vinegar mixture over the vegetables until they are fully submerged (you may not use it all). Cover and refrigerate for at least 8 hours.

3. For the toasts, heat the oil in a skillet over medium heat. Add the shallot and cook, stirring constantly, until just beginning to brown around the edges, about 2 minutes. Add the chickpeas and cook, using the back of the spoon to lightly mash the beans, until heated through. Season with salt and pepper and remove from the heat.

4. Rub the garlic clove across the surface of each slice of bread. Top with tahini (about 1 1/2 teaspoons per slice) and spread to the edges. Divide the chickpea mixture among each slice of bread, and then top with pickled fennel. Sprinkle with parsley just before serving.



**DASH**  
EAT. DRINK. DISCOVER.

SERVES 4



## Lemon-Ginger Chicken WITH GRILLED VEGGIES

You can use this marinade for just about any cut of meat or any veggies that you like. Substitute the chicken thighs for pork loin, shrimp, or even just more veggies, like asparagus, extra portobello mushrooms, or sliced sweet potatoes.

### INGREDIENTS:

- 1/4 cup lemon zest
- 2/3 cup lemon juice
- 4 tsp minced ginger
- 4 tsp light brown sugar
  - 1 tbsp vegetable oil
- 4 Szechuan chile peppers, dried, seeds removed
- 1 tsp kosher salt, plus more to taste
- 2 bell peppers, cored and quartered
- 1 portobello mushroom, quartered
  - 2 zucchini, halved length-wise
  - 1 white onion, sliced into rings
- 6 chicken thighs, boneless, skinless
  - 2 cups cooked brown rice, for serving

1. Combine the lemon zest, lemon juice, ginger, brown sugar, oil, and chiles in bowl.

2. Transfer about 1/3 of the mixture to a zip-top bag and add the bell peppers, mushroom, zucchini, and onion. Seal the bag and turn to coat the vegetables. Refrigerate.

3. Transfer the remaining lemon zest mixture to another zip-top bag and add the chicken. Squeeze out the air, and seal the bag; turn to coat the chicken. Refrigerate, turning the bag occasionally, at least 1 hour.

4. Preheat the grill to high and lightly oil the grates. Grill the vegetables and chicken until cooked through, about 6 minutes per side for the chicken. Cut the vegetables into bite size pieces and adjust the seasoning with salt before serving with the rice.

SERVES 6



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## PENNETTE ALL'ARRABBIATA

**This is a super-simple, no-fuss pasta dish perfect for mid-week. For some added protein, toss in cooked white beans, grilled baby squid, or browned sausage.**

### INGREDIENTS:

- 6 tbsp extra-virgin olive oil
- 4 small dried red chiles (peperoncini), crushed
  - 3 garlic cloves, minced or thinly sliced
  - 1 (28 oz) can whole San Marzano tomatoes
- 1 lb dried pennette lisce (not rigate)
  - 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 pennette 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



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## ROASTED CHICKEN

A good roasted chicken is the perfect sidekick to a good seasonal vegetable, which is why we're so excited to pair it with our favorite asparagus salad (it's on the next page!). Since it's grilling season, don't hesitate to cook your bird on the grill instead.

### INGREDIENTS:

- One 3- to 3 1/2- lb roasting chicken
  - Kosher salt, as needed
  - Freshly ground black pepper, as needed
    - 2 sprigs thyme
    - 2 sprigs rosemary
- 1/4 cup vegetable oil or butter, melted (optional)

1. Preheat the oven to 400°F.

2. Season the chicken with salt and pepper and place the thyme and rosemary in the cavity. Rub the skin with oil and truss the chicken. Place the chicken, breast side up, in a roasting pan fitted with a roasting rack. Roast, basting the chicken occasionally with the oil or butter, if using, or the juices that accumulate in the bottom of the pan, until an instant-read thermometer inserted in the thickest part of the thigh registers 170°F, about 1 hour and 10 minutes.

3. Remove the chicken and rack from the roasting pan and let the chicken rest for 15 minutes before carving.

SERVES 4 TO 6



**DISH**  
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## Chilled Asparagus with MUSTARD—HERB VINAIGRETTE

You can cook the asparagus ahead of time and refrigerate it until it's time to serve the salad, if you like. For a little salty crunch, add some rendered pancetta or pan-crisped prosciutto.

### INGREDIENTS:

- 2 lb asparagus
- 2 tbsp cider or white wine vinegar
  - 2 tsp Dijon mustard
- 1 tsp chopped flat leaf parsley
- 1/2 tsp chopped tarragon leaves
  - Salt and pepper as needed
    - Dash of onion powder
    - Dash of garlic powder
- 1/4 cup extra-virgin olive oil

1. Bring a large pot of salted water to a rolling boil.
2. Trim the asparagus to remove the white, fibrous ends. Cut the asparagus into 2-inch pieces on the diagonal.
3. Add the asparagus to the boiling water and cook until the spears are bright green and just tender, 4 to 5 minutes. (If necessary, cook the asparagus in batches.) Drain the asparagus in a colander and rinse with cold water until the asparagus is chilled. The asparagus is ready to dress and serve now, or it can be held in a covered container in the refrigerator for up to 6 hours.
4. To make the vinaigrette, whisk together the vinegar, mustard, parsley, tarragon, salt, pepper, onion powder, and garlic powder until blended. Add the oil to the vinegar mixture in a thin stream, whisking constantly. Season with additional salt and pepper, if needed.
5. Toss the chilled asparagus with the vinaigrette or pass it separately on the side. Serve immediately on a chilled platter or plates.

SERVES 6



**DISH**  
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## BBQ HOMINY STEW

This is a real comfort-food recipe that should appeal to the whole family. You can find canned hominy near the Latin ingredients in your grocery store.

### INGREDIENTS:

- 8 oz poblano peppers
- 1 medium onion, minced
  - 6 tbsp vegetable oil
- 8 oz Spanish chorizo, cut into small dice
  - 2 red bell peppers, cut into small dice
  - 2 garlic cloves, minced
- 2 lb canned hominy, drained
  - 1 1/2 cups half-and-half
  - 1 cup barbecue sauce
    - Salt, as needed
- Ground black pepper, as needed
  - 1/2 cup chopped cilantro
- 2 tbsp freshly squeezed lemon juice
  - 3/4 cup finely grated Cheddar cheese

1. Preheat a broiler to high. Cut the poblano peppers in half and remove the stems and seeds. Place on a baking sheet, skin-side up, and broil until charred all over, about 10 minutes. Transfer to a bowl, cover, and let sit for about 10 minutes to cool slightly. When cool enough to handle, peel the peppers, then cut into small dice and set aside.

2. In a large saucepan or pot, cook the onions in the vegetable oil over moderate heat until very tender, about 5 minutes. Add the chorizo and render over moderate heat for 3 minutes. Add the red pepper and garlic and continue to cook until the pepper becomes tender, 1 to 2 minutes. Add the poblano pepper and cook for 1 minute, until tender.

3. Add the hominy, half-and-half, and barbecue sauce, and simmer gently until the mixture resembles a stew, about 10 minutes. Adjust the seasoning as needed with salt and a generous amount of black pepper. Stir in the cilantro and lemon juice.

4. Transfer the mixture to a baking dish. Sprinkle the cheese on top, and bake in a 375°F oven until the stew is bubbly and the top is well browned, 10 to 15 minutes. Allow to rest for 10 minutes after baking, and serve in a bowl.

SERVES 8



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# DINNER SHOPPING LIST

## PROTEINS

- 6 boneless chicken thighs
- 1 (3 to 3 1/2 lb) roasting chicken
- 8 oz spanish (dry) chorizo

## SPICES

- 1/4 teaspoon ground nutmeg
- 1/2 tsp red pepper flakes
- 1/2 tsp chili powder
- 1/2 tsp chipotle powder
- 1 tsp dried oregano
- 2 tbsp ground cumin
- 3 tbsp smoked paprika

## PANTRY

- 3/4 cup olive oil
- 3/4 cup vegetable oil
- 3/4 cup cider vinegar
- 1 (15 oz) can chickpeas
- 2 lb canned hominy
- 1 (28 oz) can whole San Marzano tomatoes
- 1 cup brown rice
- 1 lb dried pennette lisce (or penne) pasta
- 2 tbsp Dijon mustard
- 2 tbsp tahini
- 1 cup prepared barbecue sauce
- 4 tsp light brown sugar
- 1 tbsp sugar
- 1 bay leaf
- 4 Szechuan chile peppers
- 4 small dried red chiles
- Dash of onion powder
- Dash of garlic powder
- 4 slices crusty bread

## PRODUCE

- 2 bell peppers (any color)
- 2 red bell peppers
- 8 oz poblano peppers
- 1 shallot
- 1 large white onion
- 1 medium yellow onion
- 1 fennel bulb
- 1 portobello mushroom
- 2 zucchinis
- 2 lb asparagus
- 1 small red chile
- 8 cloves garlic
- 1 bunch parsley
- 1 bunch cilantro
- 1 bunch thyme
- 1 bunch rosemary
- 1 bunch tarragon
- 6 lemons
- 1 (2-in) piece ginger



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