



WELCOME!

We're sharing a few new recipes this week, and we think you'll enjoy each and every one. There is plenty of prep work you can get done over the weekend to keep things simple after busy days.

Thursday's Beans and Greens Sauté is simple and light, and while it may hit the spot with some crusty bread, enjoy it with any leftovers for earlier in the week if you're craving something heartier.

PREP AHEAD

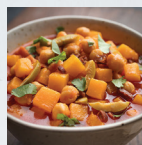
To make your week easier, check through this quick prep list on Sunday to get ahead of the game.

1. Prep veggies and make the dressing for Monday's salad.
2. Prepare the Garbanzo Guisados all the way through.
3. Prepare the Crab and Mushroom chowder all the way through.
3. Prepare the beans and greens to reheat on Thursday.



MONDAY

Honey-Lime Waldorf Salad



TUESDAY

Garbanzo Guisados



WEDNESDAY

Crab and Mushroom Chowder



THURSDAY

Beans and Greens Sauté



FRIDAY

Bucatini alla Carbonara



DISH
EAT. DRINK. DISCOVER.



HONEY-LIME WALDORF SALAD

We love this updated take on the Waldorf salad, featuring crisp apples, tender mâche greens, and a tangy vinaigrette. Enjoy it as is for a light dinner, or add roasted or grilled proteins, cooked beans, and even just shredded rotisserie chicken.

INGREDIENTS:

Dressing:

- 1 cup olive oil
- 1/2 cup lime juice
- 3 tablespoons honey
- 1 tbsp coarsely ground black pepper, plus as needed
- 1 1/2 tsp kosher salt, plus as needed

- 3 oz mâche (about 4 cups)
- 1 1/4 cups walnut pieces, toasted and coarsely chopped
 - 1 cup dried cranberries
- 1 cup (4 oz) crumbled Gorgonzola
- 1 cup Lime-Honey Vinaigrette, plus as needed
 - Kosher salt, to taste
- Ground black pepper, to taste

1. For the dressing, in quart-size container with a lid, combine all the ingredients. Shake vigorously to emulsify. Taste and adjust seasoning.

2. Toss the apples with the lime juice in a large salad bowl. Layer the romaine, mâche, walnuts, dried cranberries, and Gorgonzola on top of the apples. The salad can be assembled 4 hours in advance. Do not toss, but rather leave the ingredients layered. Store wrapped in the refrigerator.

3. Toss the layered salad with the vinaigrette. Taste and adjust seasoning. Add more vinaigrette as needed.

SERVES 8



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GARBANZO GUISADOS

This Puerto Rican chickpea stew is warm and comforting, with the richness of chorizo and the briny bite of green olives. Serve it over rice or wrapped in a warm flatbread. You can purchase prepared sofrito from most markets or specialty stores. This recipe doubles and freezes well.

INGREDIENTS:

- 5 oz Spanish chorizo, small dice
- 2 tablespoons prepared sofrito
- 1 medium yellow onion, diced
 - 4 oz ham, diced
- 1/2 teaspoon achiote powder
- 1 (15 oz) can garbanzo beans (chickpeas), drained and rinsed
- 1 1/2 cups diced butternut squash
 - 1/2 cup chicken broth
- 2 tablespoons tomato purée
- 1/2 cup sliced manzanilla olives
- 1 tablespoon chopped cilantro

1. In a medium pot oven over medium heat, render the chorizo until it is crispy, about 8 minutes. Add the sofrito and fry until most of the liquid has reduced, about 3 minutes.

2. Add the onion and ham and cook until the onion is translucent, about 4 minutes. Add the achiote powder and mix to incorporate.

3. Add the garbanzo beans, squash, broth, and tomato purée and simmer until the squash is tender and the sauce has reduced slightly, about 15 minutes.

4. Season with salt and pepper, as needed. Stir in the olives and garnish with cilantro before serving.

SERVES 6



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CRAB AND MUSHROOM CHOWDER

Many supermarkets now carry a greater selection of mushroom varieties, such as shiitake, oyster, and cremini mushrooms. You can make this delicious chowder using a single variety or a combination. Avoid white mushrooms, though; they don't have the flavor and texture needed for this hearty soup.

INGREDIENTS:

- 5 cups assorted mushrooms (about 1 lb)
 - 3/4 cup water
 - 6 tbsp butter
- 3/4 cup diced onion
- 1/4 cup diced celery
- 1/2 cup diced leek (white and light green parts)
 - 2 tsp minced garlic
- 1/2 cup all-purpose flour
- 1 qt chicken or vegetable broth
- 2 1/4 cups diced russet potatoes (peeled)
 - 3/4 cup milk
 - 6 tbsp dry sherry
 - 2 tsp heavy cream
- 1 tsp kosher salt, or as needed
- 1 tsp freshly ground black pepper, or as needed
 - 10 oz lump crabmeat, picked over for shells

1. Cut the stems from the mushrooms and slice the mushroom caps. Set the caps aside. Simmer the stems in the water for 30 minutes to make a mushroom broth. Strain the broth and set aside.

2. Heat 5 tablespoons of the butter in a large soup pot. Add the onion, celery, leek, and garlic. Cook until tender, stirring occasionally, about 4 to 6 minutes.

3. Add the flour and cook, stirring constantly for 3 to 4 minutes. Whisk in the chicken broth and bring to a simmer. Cook for 15 minutes. Strain through a sieve. Return the broth to a simmer and discard the solids.

4. Add the potatoes to the broth and simmer until tender, about 15 minutes. Remove the pot from the heat and add the milk, 4 tablespoons sherry, and heavy cream. Season to taste with salt and pepper.

5. Meanwhile, melt the remaining tablespoon of butter in a skillet over medium heat. Add the sliced mushroom caps and sauté until tender, about 7 to 10 minutes. Add the mushroom broth, stirring and scraping the bottom of the pan with a wooden spoon to loosen any particles of mushroom stuck to the pan. Season to taste with salt and pepper.

6. Stir the mushrooms with their liquid and the crabmeat into the chowder. Check the seasoning once more and make any necessary adjustments. Serve in heated bowls, adding the remaining sherry to the individual bowls, if de-

SERVES 8



BEANS AND GREENS SAUTÉ

Prepare this savory sauté in a cast-iron skillet right on a grill alongside other items, or make it ahead of time on the stovetop to serve with bread or other proteins. If you can't find beet greens, substitute spinach, kale, escarole, collard greens, or turnip greens.

INGREDIENTS:

- 2 tbsp olive oil
- 2 tsp minced garlic
- 10 cups coarsely chopped beet greens
- 1/2 cup chicken or vegetable broth
- 1 tsp kosher salt, or to taste
- 1/2 tsp ground black pepper, or to taste
- 2 cups cooked or canned cannellini beans, drained and rinsed
- 2 tsp malt vinegar, or to taste
- 6 slices crusty bread, for serving

1. Heat a large sauté pan over a burner set at medium-high heat. Add the olive oil and heat until the oil shimmers. Add the garlic and move the pan or turn down the heat. Sauté the garlic, stirring frequently, until it is tender and aromatic, about 3 minutes.

2. Add the beet greens and cook, stirring and tossing briskly with a wooden spoon to coat the greens evenly with the oil. When the greens have cooked down and are a vivid green color, add the broth. Season with 1/2 tsp of the salt and a pinch of the pepper.

3. Bring the broth to a simmer, then add the beans and cook, stirring frequently, until the greens are fully wilted and the dish is very hot. Season to taste with the malt vinegar, salt, and pepper. Serve with bread.

SERVES 4 TO 6



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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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DINNER SHOPPING LIST

PROTEINS

- 4 oz ham
- 5 oz Spanish chorizo
- 10 oz lump crabmeat

DAIRY

- 3/4 cup milk
- 2 tsp heavy cream or half and half
- 6 tbsp butter
- 1 cup crumbled Gorgonzola

PANTRY

- 1 1/2 cups olive oil
- 2 tbsp prepared sofrito
- 1 1/4 qt chicken broth
- 2 tsp malt vinegar
- 2 tbsp tomato purée
- 1/2 cup sliced manzanilla olives
- 2 (15 oz) cans cannellini beans
- 1 (15 oz) can garbanzo beans
- 3 tbsp honey
- 1/2 cup all-purpose flour
- 1 1/4 cups walnut pieces
- 1 cup dried cranberries
- 1/2 tsp achiote powder
- 1 rustic-style loaf of bread
- 6 tbsp dry sherry
- Kosher salt
- Ground black pepper

PRODUCE

- 2 medium onions
- 1 stalk celery
- 1 leek
- 6 cloves garlic
- 1 russet potatoes
- 1 small butternut squash
- 5 cups assorted mushrooms
- 2 to 3 bunches beet greens
- 6 oz mâche
- 4 limes
- 1 bunch cilantro



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