



WELCOME!

Before the fireworks start, light up the grill or smoker for some low and slow barbecue. This classic American staple can be the star of your 4th of July, alongside your favorite sides and seasonal fruits and veggies.

If you've never barbecued a big cut of meat like this, don't be overwhelmed. Follow the steps and you're sure to get it just right.

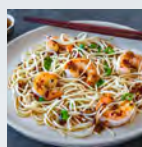
PREP AHEAD

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

1. Assemble the ham and cheese sandwiches for Monday's croque monsieur.
Wait to cook them.
2. Make Tuesday's chile-garlic sauce.
3. Make the dressing for Thursday's Greek salad.
4. Prepare the rub, mop, and sauce for Friday's pork.



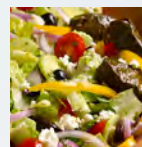
MONDAY
Croque Monsieur



TUESDAY
Chile-Garlic Noodles with Shrimp



WEDNESDAY
Creamed Swiss Chard with Prosciutto



THURSDAY
Lemon-Infused Greek Salad



FRIDAY
Eastern North Carolina Barbecued Pork Butt



DISH
EAT. DRINK. DISCOVER.



CROQUE MONSIEUR

The extra step to make the béchamel sauce makes this the ham sandwich of your dreams, so yes, it's worth it! You bought enough bread for 10 slices, but will only use 8 here. Use the remaining two to make bread crumbs for Friday's pasta dish.

INGREDIENTS:

- 8 tbsp unsalted butter, softened, divided use
 - 2 tbsp all-purpose flour
 - 2 cups whole milk
- 8 slices rustic white bread
 - 1/4 cup spicy mustard
- 8 slices Gruyère, 1/8-inch-thick slices
- 8 ounces ham, sliced thin
- 1/2 cup grated Gruyère

1. Melt 2 tbsp of the butter in small saucepan over medium heat and whisk in the flour. Cook flour until the raw smell is gone, about 2 minutes.
2. Whisk in the milk and cook, stirring over low heat until sauce is thickened, about 5 minutes. Remove from the heat and cool to room temperature.
3. Preheat the broiler and place a rack at the highest position in the oven.
4. Coat one side of each bread slice with mustard and top with a cheese slice and a quarter of ham.
5. Close the sandwiches and butter the outsides with the remaining 6 tbsp of softened butter. Cook in a skillet over medium heat until the bread is browned on both sides and the cheese is melting.
6. Spread about 1/2 cup of the sauce on top of the sandwiches and sprinkle with grated cheese. Place under the broiler until browned on top.

SERVES 4



DISH
EAT. DRINK. DISCOVER.



CHILE—GARLIC NOODLES WITH SHRIMP

In the summer, we serve this dish cold, but it's a great hot and spicy cold weather recipe, too! You can make the sauce ahead of time, if you like. Refrigerate it until the day you plan to use it, then leave it at room temperature for a few hours before tossing with the hot noodles.

INGREDIENTS:

- 1 large shallot, thinly sliced
- 6 cloves garlic, thinly sliced
 - 1 tbsp minced ginger
 - 1 cinnamon stick
 - 2 star anise pods
- 3/4 cup vegetable oil
- 16 oz udon noodles or dried spaghetti
 - 1 1/2 tsp sugar
 - 1 tbsp soy sauce
- 1 tsp unseasoned rice vinegar
- 2 tbsp crushed red pepper flakes
 - 1/4 tsp kosher salt, plus more, to taste
 - 1 lb large shrimp, peeled and deveined
- 1/4 cup sliced scallions

1. In a medium saucepan, combine the shallot, garlic, ginger, cinnamon, anise, and oil. Bring to a gentle simmer and cook, stirring occasionally, until the shallot and garlic are crisp and golden brown, about 25 minutes.

2. Remove the oil from the heat and set aside to cool slightly. Remove the cinnamon and star anise pods, and add the sugar, soy sauce, vinegar, pepper flakes, and salt. Stir to combine. Set aside.

3. Bring a large pot of salted water to boil. Add the noodles and cook until al dente, about 8 minutes (depending on the style of noodle; follow the directions on your package). Transfer to a serving bowl.

4. Meanwhile, remove about 1 tbsp oil from the chile-garlic oil and heat in a skillet over medium-high heat. Add the shrimp and cook, flipping occasionally, until cooked through and brown around the edges.

5. Add the shrimp to the bowl with the noodles and add the chile-garlic oil (you won't use it all). Toss to coat. Garnish with scallions to serve.

SERVES 6



DISH
EAT. DRINK. DISCOVER.



CREAMED SWISS CHARD WITH PROSCIUTTO

We love this dish as a quick and easy accompaniment to good, crusty bread. The recipe is full of room for experimentation. For an Indian-inspired variation, use coconut milk instead of heavy cream and add garam masala or another curry spice blend (and eat it with naan, of course!).

INGREDIENTS:

- 2 tbsp olive oil
- 1/4 cup diced prosciutto
- 1/4 cup minced yellow onion
- 1 tbsp minced garlic
- 8 cups chopped Swiss chard leaves
- 1/3 cup heavy cream
- Kosher salt, to taste
- Freshly ground black pepper, to taste
- 1/4 cup grated Parmesan cheese
- 1/4 tsp grated nutmeg
- 1 loaf crusty bread, sliced or torn

1. Heat the olive oil in a large sauté pan over medium heat. Add the prosciutto and sauté until aromatic, about 1 minute. Increase the heat to high, and add the onion and garlic. Sauté, stirring constantly, until the garlic is aromatic, about 1 minute more.
2. Add the Swiss chard, sautéing just until the leaves wilt, about 5 minutes. Add the heavy cream and bring to a simmer. Cook the Swiss chard until it is tender, about 5 minutes.
3. Season generously with salt and pepper. Remove from the heat, and stir in the Parmesan and nutmeg. Serve hot with bread on the side.

SERVES 4



DISH
EAT. DRINK. DISCOVER.



LEMON—INFUSED GREEK SALAD

Make this dressing ahead of time for a 5 minute throw-together dinner. Add shredded rotisserie chicken or quickly-grilled shrimp, if you like. Look for stuffed grape leaves at the olive bar or from a local Mediterranean restaurant.

INGREDIENTS:

- 2 tbsp fresh lemon juice
- 2 tsp balsamic vinegar
- 1 tbsp chopped parsley
- 1/2 tsp salt, plus to taste
- 1/8 tsp ground black pepper,
plus more as needed
 - 3 tbsp canola oil
 - 2 tbsp extra-virgin olive oil
- 9 cups romaine hearts, rinsed,
dried, and torn into bite-sized pieces
 - 1 cup pitted Greek olives,
cut in half lengthwise
 - 2 cups peeled, thinly sliced
seedless cucumber
 - 1 pint cherry tomatoes, halved
- 1/2 cup thinly sliced yellow pepper
 - 1 cup thinly sliced red onion
 - 2 1/4 cups crumbled feta
- 12 prepared stuffed grape leaves

1. Combine the lemon juice, vinegar, parsley, salt, and pepper and stir until the salt is dissolved. Combine the canola and olive oil and add the mixture to the lemon juice and vinegar in a stream, whisking constantly, until the oil is blended into the dressing. Season the dressing with additional salt and pepper if needed, to taste.

2. Place the romaine into the salad bowl. Add the olives, cucumbers, cherry tomatoes, pepper, and red onion. Toss the salad ingredients together with the vinaigrette until evenly coated.

3. Top with the feta and garnish with the stuffed grape leaves.

SERVES 6



DISH
EAT. DRINK. DISCOVER.



EASTERN NORTH CAROLINA BARBECUED PORK BUTT

This is a big recipe but a fun way to celebrate America's birthday! Start the pork earlier than you think you should. The worst thing that happens if it finishes early is you have to keep the finished pork warm or reheat. Start it too late, and you'll be running to the store for hot dogs and buns!

INGREDIENTS:

- One 6- to 8-lb Boston butt, bone in
- 1/4 cup prepared yellow mustard
- Rub
- 1/4 cup freshly cracked black pepper
- 1/4 cup paprika, preferably smoked Spanish paprika (see Chef's Notes)
- 1/4 cup packed brown sugar
 - 2 tbsp kosher salt
 - 1 tsp garlic powder
 - 1 tsp onion powder
 - 1 tsp cayenne pepper

Mop

- 1 tbsp rub mixture
- 2 cups apple cider vinegar
- 1 tbsp Worcestershire sauce
- 1 tbsp freshly cracked black pepper
 - 1 tbsp kosher salt
- 1 tbsp paprika, preferably smoked Spanish paprika
- 1 tsp cayenne pepper

1. If it has not already been removed, remove the skin of the pork butt. Trim the fat on top of the pork butt, leaving only about 1/4 to 1/2 inch remaining. Coat the pork with a thin layer of prepared mustard and massage the mustard into the pork.
2. To make the rub: Combine the black pepper, paprika, sugar, salt, garlic powder, onion powder, and cayenne. Reserve 1 tablespoon of the rub mixture to make the mop. Sprinkle the remaining dry rub onto the pork and rub it into the surface of the meat. Use enough rub to completely cover the entire butt with an even layer; a good general rule is to use about 1 tablespoon of rub per pound of meat. Reserve any remaining rub for later use.
3. Wrap the pork tightly in plastic wrap and refrigerate for at least 12 hours or overnight.
4. Prepare your smoker or grill, and bring it to a temperature between 225° and 250°F with a light smoke escaping. Place a pan of water below the area where the pork will be cooked; this will keep the meat from drying out, prevent flare-ups, and help maintain the chamber temperature.
5. Meanwhile, make the mop: Combine the 1 tablespoon reserved rub with the vinegar, Worcestershire sauce, black pepper, salt, paprika, and cayenne. Set the mop aside.
6. Remove the pork from the refrigerator and sprinkle it with a little more rub to dry the surface. Allow the pork to sit at room temperature for 30 minutes while the smoker or grill is heating.

Continued on next page.



DISH
EAT. DRINK. DISCOVER.



EASTERN NORTH CAROLINA BARBECUED PORK BUTT

INGREDIENTS:

Vinegar Sauce

- 2 cups apple cider vinegar
- 2 tablespoons packed brown sugar
- 2 teaspoon kosher salt
- 1 teaspoon freshly cracked black pepper
- 1 teaspoon crushed red pepper flakes

SERVES 8

7. Place the pork into the smoker or grill. Maintain a temperature between 225° and 250°F for the duration of the cooking. The best way to monitor temperature is by using two thermometers or one thermometer with two temperature probes. One thermometer will monitor the chamber temperature and the other will monitor the internal temperature of the meat. To help maintain the proper temperature, try to avoid unnecessarily opening the smoker or grill; it's best to try to go without opening it for an hour or so at a time. Each time you open the cooking unit, heat is lost and the cooking time is extended.

8. Each time you open the chamber, turn the pork and baste it with the mop to provide flavor and to keep the surface of the pork moist during the lengthy cooking process. While the chamber is open, also check the temperature. If the heat is dropping, add more fuel or smoking chips. If the heat is too high, close the vents, or refill the water pan if it has gone dry. (Keeping the water pan from drying out is vital to maintaining temperature and the proper moist cooking environment.)

9. While the pork is cooking, make the vinegar sauce: Combine the vinegar, sugar, salt, black pepper, and red pepper flakes. Set the sauce aside to allow the flavors to infuse.

10. Plan to cook the pork for about 1½ hours per pound; you may want to give yourself an extra 2 hours if you are on a mealtime deadline. An 8-pound pork butt will take 10 to 12 hours to cook. It may stick and plateau for hours; this is normal. Don't try to rush it. Increasing the temperature will negatively impact the quality of the finished meat. When the pork reaches an internal temperature of 193°F, remove it from the chamber and allow it to rest for 20 to 30 minutes.

Continued on next page.



DISH
EAT. DRINK. DISCOVER.



EASTERN NORTH CAROLINA BARBECUED PORK BUTT

11. Once it is cool enough to handle, “pull” or chop the pork into pieces: Pull the pork apart with two forks or your fingers, or chop it using a knife. Remove any large pieces of fat that remain and discard them. Make sure that you mix the pork well and have the “bark” distributed evenly throughout the meat.
12. Dress the pork to taste with the vinegar sauce. Most, if not all, of the sauce will be required. The meat is also excellent for pulled pork sandwiches; serve on sliced soft white bread or a soft hamburger bun with coleslaw.

Chef's Notes

Smoked Spanish paprika, or pimentón, is preferred because the peppers are smoked over an oak fire, which gives it a smokier flavor than that of regular paprika. If it is not available, be sure to use a good-quality sweet paprika.

This recipe has a lot of fresh cracked black pepper in it. Try it as-is before deciding to reduce the amount, because you'll find that it's not an excessive amount of heat. It gets most of its heat and flavor from a delayed palate reaction to the black pepper. The initial heat will come from the cayenne and then it will finish with the black pepper. If you would like the dish to be spicier, increase the amount of cayenne.



DISH
EAT. DRINK. DISCOVER.

DINNER SHOPPING LIST

PROTEINS

- ☐ One 6- to 8-lb Boston butt, bone in
- ☐ 1 lb large shrimp
- ☐ 8 oz thinly sliced ham
- ☐ 1/4 cup diced prosciutto

DAIRY

- ☐ 2 cups whole milk
- ☐ 1/3 cup heavy cream
- ☐ 8 tbsp unsalted butter
- ☐ 2 1/4 cups crumbled feta
- ☐ 8 slices Gruyère
- ☐ 1/2 cup grated Gruyère
- ☐ 1/4 cup grated Parmesan

PANTRY

- ☐ 1 cup vegetable oil
- ☐ 1/4 cup olive oil
- ☐ 1 quart cider vinegar
- ☐ 2 tsp balsamic vinegar
- ☐ 1 cup pitted Greek olives
- ☐ 12 prepared stuffed grape leaves
- ☐ 1/4 cup spicy mustard
- ☐ 1/4 cup yellow mustard
- ☐ 1 tsp Worcestershire
- ☐ 1 tbsp soy sauce
- ☐ 1 tsp unseasoned rice vinegar
- ☐ 2 tbsp all-purpose flour
- ☐ 1/3 cup brown sugar
- ☐ 1 1/2 tsp sugar
- ☐ 1 lb udon noodles
- ☐ 10 slices rustic white bread
- ☐ 1 loaf crusty bread
- ☐ Kosher salt
- ☐ Black Pepper

PRODUCE

- ☐ 2 yellow onions
- ☐ 1 red onion
- ☐ 1 large shallot
- ☐ 2 heads garlic
- ☐ 1 (2-in) piece ginger
- ☐ 1 seedless cucumber
- ☐ 1 yellow bell pepper
- ☐ 1 pint cherry tomatoes
- ☐ 1 bunch scallions
- ☐ 2 bunches Swiss chard
- ☐ 3 Romaine hearts
- ☐ 1 lemon
- ☐ 1 bunch parsley

SPICES

- ☐ 1/3 cup smoked paprika
- ☐ 1 tsp garlic powder
- ☐ 1 tsp onion powder
- ☐ 3 tsp cayenne
- ☐ 1/4 cup crushed red pepper flakes
- ☐ 1 cinnamon stick
- ☐ 1 whole nutmeg
- ☐ 2 star anise pods



DISH
EAT. DRINK. DISCOVER.