



WELCOME!

Monday's Picadillo is one of our favorite multi-use recipes, so consider making a double batch and freeze some for another day. Use it to fill empanadas or baked potatoes, or to top tortilla chips for game-day nachos.

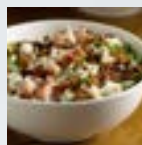
PREP AHEAD

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

1. Make Monday's picadillo all the way through, but wait to fry the eggs.
2. Make the dressing for the cobb salads.
Hard-boil the eggs
3. Roast chile peppers for Wednesday's shakshuka.
4. Soak the beans for Thursday's soup.



MONDAY
Picadillo Cubano



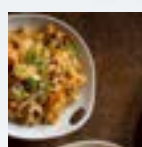
TUESDAY
Traditional Cobb Salad



WEDNESDAY
Green Shakshuka with Green Chiles



THURSDAY
Hlelem (Tunisian Vegetable and Bean Soup)



FRIDAY
Malaysian Stir-Fried Rice Noodles



DISH
EAT. DRINK. DISCOVER.

A top-down view of a white plate containing a serving of Cuban Picadillo. The picadillo is a mixture of ground beef, ham, onions, peppers, and tomatoes. It is topped with a sunny-side-up fried egg. A silver fork is placed on the egg. To the left of the picadillo is a portion of white rice. The plate is set on a light-colored wooden surface.

CUBAN PICADILLO

We start this recipe with a reduction of beef stock, for an extra rich base, but you can use prepared demi glace or beef bouillon. Use 1 cup of water and twice as much bouillon as called for. Use salt-free, if available, and if not, be sure to taste before adding any salt.

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 tsp ground cumin
 - 1/2 tsp 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 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. Serve hot with white rice, topped with an egg.

SERVES 6 to 8



DISH
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TRADITIONAL COBB SALAD

If you'd like, you can cook the bacon in the oven while you prepare other ingredients. Lay it on a baking sheet and cook at 375°F for about 30 minutes, or until crispy. For the dressing, you don't have to buy a whole bottle of whole grain mustard if you don't have it on hand. Dijon or even spicy brown mustard will be fine.

INGREDIENTS:

- 2 lb chicken breasts, boneless and skinless
- 2 tsp kosher salt, or to taste
- 1 tsp ground black pepper, or to taste
 - 1 tbsp vegetable oil
 - 1 lb bacon
- 1 lb romaine lettuce, washed, dried, and torn into pieces
- 1 1/2 cups diced tomatoes
- 2 cup scrambled blue cheese
 - 2 avocados, cut into 1/4-inch slices
- 1/2 cup sliced scallions
- 8 hard-boiled eggs, peeled and quartered

Vinaigrette

- 3 tbsp water
- 5 tbsp red wine vinegar
 - 1/2 tsp sugar
 - 2 tsp lemon juice
 - 1 tsp salt, or to taste
- 1/2 tsp ground black pepper
- 1/2 tsp coarse grain mustard
 - 2 garlic cloves, minced
- 1 cup extra virgin olive oil

1. Preheat the oven to 400°F. Season the chicken breasts with salt and pepper. Heat the vegetable oil in a large sauté pan over medium-high heat and sauté the chicken breasts until golden brown on each side, about 6 to 8 minutes.
2. Place the pan in a 400°F oven and cook the chicken to an internal temperature of 165°F. Cool and cut meat into 1/4-inch thick slices.
3. Sauté the bacon until crisp. Drain on absorbent paper, crumble into small pieces, and keep warm.
4. For the vinaigrette, blend together all of the ingredients except for the olive oil. Allow the flavors to marry for 5 minutes. Add the olive oil and whisk thoroughly. It may be necessary to blend the dressing together again before serving.
5. Toss the romaine with the vinaigrette and divide between 8 plates. Top with 4 ounces chicken, 3 tablespoons diced tomato, 1/4 cup blue cheese, 1/4 avocado, 1 tablespoons scallions, and 2 tablespoons crumbled bacon.

SERVES 6 TO 8



DASH
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GREEN CHILE SHAKSHUKA

Depending on where you are in the country, you may be able to purchase already-roasted green chiles. But, if not, [use this post](#) as a guide. If you like the recipe and make it again, you can roast a bigger batch of chiles and freeze some to use next time.

INGREDIENTS:

- 1/4 cup olive oil
- 1 cup minced scallion
- 1 tbsp minced garlic
- 1 tbsp ground cumin
- 1 tbsp red pepper flakes
- 1 lb green chile peppers, roasted, peeled, seeded, chopped
- 1 lb baby spinach, chopped
 - 1/2 cup minced cilantro
 - 2 teaspoons kosher salt
 - 4 eggs
 - 1/2 cup feta
- 1/4 cup chives, cut into 1/2-in pieces
 - 1/4 cup cilantro leaves
 - 1/4 cup extra-virgin olive oil
 - Pita bread, for serving

1. Heat the oil in a large skillet over medium heat. Add the scallion, garlic, cumin, and pepper flakes. Cook, stirring frequently, until aromatic, 3 to 4 minutes.

2. Add the chiles, spinach, cilantro, and salt. Cook until the spinach has wilted, about 4 minutes.

3. Remove half of the mixture to a medium bowl and blend with an immersion blender. Alternately, use a countertop blender. Transfer the blended mixture back to the pan and stir to combine.

4. Use a large spoon or ladle to press four wells in the mixture. One at a time, crack each egg into a small bowl and then carefully pour one egg in each of the wells.

5. Cover and simmer on medium low heat until the eggs are just cooked through, but the yolks are still creamy, 3 to 4 minutes.

6. To serve, scoop each egg with the surrounding sauce and place in a shallow bowl. Garnish with the feta, chives, cilantro, and a drizzle of olive oil, and serve with pita for dipping.

SERVES 4



HLELEM

Harissa is a Tunisian hot sauce or paste usually made with hot chiles, garlic, cumin, coriander, caraway, and olive oil. It's available in cans, jars, or tubes from Middle Eastern markets and specialty stores. Or, [make your own](#).

INGREDIENTS:

1/2 cup dried lima or butter beans
1/2 cup dried chickpeas
2 tbsp olive oil
1 tsp minced garlic
1/2 cup diced celery
3/4 cup minced onion
1 qt chicken broth
1/3 cup tomato paste
4 large Swiss chard leaves, stems removed and cut into 1-inch pieces, leaves shredded
1/3 cup angel hair pasta, broken into bite-sized pieces
2 tbsp harissa
Kosher salt, to taste
Freshly ground black pepper, to taste
1/2 cup chopped parsley

1. Soak the dried lima beans and chickpeas separately overnight in three times their volume of water. Drain and cook them separately in two times their volume of fresh water until they are tender, about 45 minutes. Drain and reserve the cooking water from both the lima beans and chickpeas. Combine the lima beans and chickpeas; set aside. Combine the cooking waters and set aside.

2. Heat the olive oil in a soup pot over medium heat. Add the garlic, celery, and onion. Cook, stirring occasionally, until the onion is translucent, 4 to 6 minutes.

3. Add the broth, reserved bean cooking liquid, and the tomato paste. Mix together until well blended and bring to a simmer for 10 minutes.



4. Approximately 10 minutes before serving, add the cooked beans and chick peas, the Swiss chard, and the pasta. Simmer until the pasta and chard stems are tender, about 10 minutes.

5. Add the harissa and stir until blended. Season to taste with the salt and pepper. Serve in heated bowls, garnished with the chopped parsley.

SERVES 4 TO 6



DISH
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MALAYSIAN STIR-FRIED RICE NOODLES

Use a super hot wok for this dish, if you have one. If not, that's okay! Just use the biggest non-stick pan you have. Don't be frustrated if the noodles break as you stir-fry. That's what happens!

INGREDIENTS:

- 2 lb dried rice noodles, wide ribbon-style
 - 6 eggs
- 1/4 cup vegetable oil, plus as needed
- 4 Chinese dry sausages (lap cheong), thinly sliced on the bias
 - 3 garlic cloves, sliced
 - 1 lb medium shrimp, peeled, deveined
- 1/4 cup light soy sauce, not low-sodium
- 2 tbsp thick, dark soy sauce
- 2 tbsp chile paste or Sriracha
 - 4 oz bean sprouts
 - 8 scallions, thinly sliced

1. Soak the rice noodles in boiling water until soft, about 10 minutes. Drain, rinse in cold water, and reserve.

2. Crack all the eggs in a bowl but do not beat. Reserve at room temperature.

3. In a wok or similar pan, heat the vegetable oil over medium to high heat. Add the sausages and stir-fry until lightly browned and some of the fat has rendered, about 5 minutes. Add the garlic and stir-fry until aromatic, 10 to 20 seconds. Add the shrimp and stir-fry until the shrimp turn bright orange, 20 to 30 seconds. Add the noodles and continue to stir-fry, tossing until the mixture is well combined. Add both soy sauces and chili paste, and toss to thoroughly combine.

4. Push all ingredients toward the sides of the wok to create a well in the center. Place a small amount of oil and the eggs into the well at the center. Cook until the eggs begin to set, 30 seconds to 1 minute, then start stirring them gently. Continue to cook, stirring gently, until the eggs are halfway cooked. Add the bean sprouts, and combine with everything that had been pushed to the sides of the wok. Continue to stir-fry until the eggs are fully cooked and dispersed in small pieces throughout the entire mixture, about 1 minute.

5. Garnish with the scallions and serve.

SERVES 4 TO 6



DISH
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DINNER SHOPPING LIST

PROTEINS

- ☐ 1 lb ground beef
- ☐ 1 lb bacon
- ☐ 1 lb medium shrimp
- ☐ 2 lb chicken skinless, boneless chicken breasts
- ☐ 4 dry Chinese sausages
- ☐ 6 oz ham

DAIRY

- ☐ 26 eggs
- ☐ 2 cups crumbled blue cheese

PANTRY

- ☐ 2 cups olive oil
- ☐ 1 cup vegetable oil
- ☐ 5 tbsp red wine vinegar
- ☐ 1 qt chicken stock
- ☐ 1 qt beef stock
- ☐ 1/4 cup light soy sauce
- ☐ 2 tbsp dark soy sauce
- ☐ 2 tbsp chile paste or Sriracha
- ☐ 1/2 tsp grain mustard
- ☐ 2 tbsp prepared harissa
- ☐ 1/3 cup tomato paste
- ☐ 2 cups long grain white rice
- ☐ 1 box angel hair pasta
- ☐ 2 lb wide dry rice noodles
- ☐ 1/2 cup dried lime or butter beans
- ☐ 1/2 cup dried chickpeas
- ☐ 1 jar manzanilla olives
- ☐ 1/2 tsp sugar
- ☐ 1/4 cup black raisins
- ☐ 1 tbsp red pepper flakes
- ☐ 2 tbsp ground cumin
- ☐ 1/2 tsp dried oregano
- ☐ Kosher salt
- ☐ Black pepper

PRODUCE

- ☐ 14 oz yellow onions
- ☐ 2 heads garlic
- ☐ 1 stalk celery
- ☐ 2 bunches scallions
- ☐ 1 lb romaine lettuce
- ☐ 1 lb baby spinach
- ☐ 1 bunch Swiss chard
- ☐ 1 lb green chile peppers
- ☐ 2 medium tomatoes
- ☐ 2 avocados
- ☐ 8 oz red bell pepper
- ☐ 5 oz plum tomatoes
- ☐ 10 oz Russet potatoes
- ☐ 4 oz bean sprouts
- ☐ 1 bunch cilantro
- ☐ 1 bunch parsley
- ☐ 1 lemon
- ☐ Pita bread

