



# WELCOME!

Now that it's (nearly) fall, it is officially comfort food season! Yes, that means macaroni and cheese!

Monday's Veggie & Turkey Meatloaf, filled with mushrooms, carrots, and bell peppers, may surprise you. It tastes more like a traditional beef meatloaf than veggies, or even turkey! We hope you love it as much as we did.

## PREP AHEAD

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

1. Prepare the veggie portion of Monday's meatloaf, or bake the whole thing all the way through.
2. Assemble the macaroni and cheese, just up until adding the breadcrumbs and baking.



### MONDAY

**Veggie & Turkey Meatloaf with Mashed Potatoes**



### TUESDAY

**Bibimbap**



### WEDNESDAY

**Classic Mac and Cheese**



### THURSDAY

**Pork Cutlets with Mushrooms and Sautéed Broccoli Rabe**



### FRIDAY

**Vinegar Chicken with Oven-Roasted Potatoes**



**DISH**  
EAT. DRINK. DISCOVER.





## Veggie and Turkey MEATLOAF

**You can make this whole recipe several days ahead, if you like. Or, if you just have a little bit of time, prepare the cooked veggie mixture through Step 4. Refrigerate it and then mix it with the remaining ingredients just before baking.**

### INGREDIENTS:

- 16 oz button mushrooms, cleaned
  - 2 tbsp extra-virgin olive oil, divided use
  - 1 tsp kosher salt, divided use
    - 4 cloves garlic
- 1 bell pepper, any color, cored and roughly chopped
- 4 medium carrots (about 10 oz), roughly chopped
  - 1 medium yellow onion, peeled and quartered
  - 2 tbsp tomato paste
    - 3 tbsp soy sauce
  - 1 lb ground turkey
- 1 cup dry breadcrumbs

SERVES 4 TO 6

1. Pulse the mushrooms in a food processor until they are finely chopped, but do not form a paste. Heat 1 tbsp of the oil in a large skillet over medium heat. Add the mushrooms and 1/2 tsp of the salt. Cook, stirring occasionally, until the mushrooms have released most of their liquid and appear dry, 8 to 10 minutes. Add more oil, if needed, to prevent sticking.

2. Meanwhile, combine the garlic, pepper, carrots, and onion in the food processor (no need to clean it between uses) and pulse until the mixture is about the same size as the mushrooms.

3. Transfer the cooked mushrooms to a large mixing bowl and set aside. Heat the remaining 1 tbsp oil to the pan and add the chopped vegetable mixture. Add the remaining 1/2 tsp of salt and cook until the vegetables are fully cooked and the pan is nearly dry, about 15 minutes. Don't rush the process, because too much moisture will prevent the meatloaf from setting up later.

4. Add the tomato paste to the pan, stir to coat the vegetables and cook until it darkens in color, about 3 minutes. Add the soy sauce and cook to reduce slightly, about 3 minutes. Preheat the oven to 375°F.

5. Transfer to the bowl with the mushrooms and let cool for about 15 minutes. Add the turkey and breadcrumbs and mix until well-combined. Transfer to an 8- by 8-inch square baking dish and bake until the meatloaf is browned and pulling away from the pans around the edges, about 50 minutes. Cool for at least 15 minutes before slicing and serving.



# MASHED POTATOES

**We chose basic mashed potatoes to round out the comfort food bonanza, but you can make mashed sweet potatoes or even puréed cauliflower, if you like.**

## INGREDIENTS:

- 2 1/4 pounds Russet potatoes, peeled and quartered
  - 3/4 cup butter
  - 1 cup milk
  - 1 cup heavy cream
  - 1 1/2 tsp salt, or to taste
- 3/4 tsp freshly ground black pepper, or to taste

1. Bring a large pot of water to boil. Cook the potatoes until tender, about 20 to 25 minutes.

2. While the potatoes are boiling, melt the butter and add the milk and cream. Keep warm.

3. Drain the potatoes and return them to the pot. Add the cream mixture and mash the potatoes using a potato masher or a hand blender. Season the potatoes with salt and pepper. Serve immediately.

MAKES 6 SERVINGS



**DISH**  
EAT. DRINK. DISCOVER.



## BIBIMBAP

**Beef is popular for this dish, but you can substitute chicken, shrimp, pork, tofu, or even just additional veggies, like wilted greens, edamame, or asparagus.**

### INGREDIENTS:

- 1/4 cup soy sauce
  - 2 tsp sugar
- 1/4 minced scallions
- 1 tbsp minced garlic
- 2 tsp minced fresh ginger
- 2 tsp ground toasted sesame seeds
  - Dark sesame oil, as needed
  - Freshly ground black pepper, as needed
- 1 lb beef skirt steak, cut into strips
  - 1/4 cup canola oil, as needed
- 2 cups steamed medium-grain rice
- 2 cups Napa cabbage chiffonade
- 1 cup julienned or grated red radish
- 1 cup julienned or grated daikon
- 1 cup julienned or grated carrot
- 1 cup julienned or grated seedless cucumber
- 4 large eggs
- 2 tbsp Korean red pepper paste (gochujang), or as needed

1. Combine the soy sauce and sugar in a bowl. Add the scallions, garlic, ginger, and sesame seeds. Add the sesame oil and pepper to taste. Add the skirt steak and toss until evenly coated. Cover, refrigerate, and let the steak marinate for at least 1 and up to 8 hours.

2. Heat 2 tablespoons oil in a wok over high heat until it is nearly smoking. Add the beef strips to the hot oil and stir-fry until the beef is cooked, about 4 minutes. Transfer to a bowl and keep warm.

3. Divide the rice evenly among 4 bowls. Top the rice with the cabbage. Toss together the red radish, daikon, carrot, and cucumber. Divide the vegetables evenly among the bowls. Top the vegetables with the skirt steak and season each serving with a few drops of dark sesame oil.

4. Wipe out the wok and return it to the burner. Add 1 tablespoon oil to the wok and heat over medium heat until the oil ripples. Add the eggs to the hot oil one at a time and fry, basting the top with a little oil, until the whites are set and the yolk is hot, 2 to 3 minutes. Top each serving with a fried egg and serve at once, accompanied by the Korean red pepper paste.

SERVES 4



**DISH**  
EAT. DRINK. DISCOVER.





## CLASSIC MAC AND CHEESE

Using whole wheat macaroni is an easy way to add in some extra whole grains. Elbows are classic, but we love experimenting with shapes, so try whatever is interesting to you (or happens to already be in your pantry!)

### INGREDIENTS:

- 3 tbsp plus 2 tsp kosher salt
  - 2 quarts water
  - 8 oz elbow macaroni
- 3 tbsp unsalted butter
- 5 tbsp all-purpose flour
  - 3 cups whole milk
- 1/2 tsp sweet or smoked Spanish paprika
  - 1 bay leaf
- 5 cups shredded sharp Cheddar cheese
- 1/4 tsp Tabasco sauce
- 1/2 tsp freshly cracked black pepper
- 1/4 cup panko bread crumbs

1. Preheat the oven to 375°F.

2. Bring 3 tablespoons of the salt and the water to a boil over high heat. Add the pasta and boil until tender but not completely cooked, 7 to 9 minutes. Drain the pasta in a colander.

3. While the pasta is cooking, melt the butter in a separate pot over medium heat. Stir in the flour, and cook, stirring, until there are no lumps and the mixture has cooked through, about 5 minutes. Be careful not to develop any brown color. Stir in the milk, paprika, and bay leaf. Increase the heat to establish a simmer, and simmer for 10 to 15 minutes, until the sauce has thickened. Remove and discard the bay leaf.

4. Add 4 1/2 cups of the cheese to the sauce in batches, about 1 cup at a time, waiting until most of the cheese has melted before adding the next batch. Do not allow the sauce to boil. Add the Tabasco, pepper, and remaining 2 teaspoons salt.

5. Combine the macaroni with the cheese sauce and mix well to coat. Pour the mixture into a 2-quart baking dish, and sprinkle with the remaining 1/2 cup cheese. Sprinkle the bread crumbs over the cheese and transfer the baking dish to the oven. Bake until the cheese is bubbling around the edges and the bread crumb crust on top has become golden brown and crunchy, 20 to 30 minutes. Allow the mac and cheese to set for 5 to 10 minutes before serving.

SERVES 6 TO 8



## Pork Cutlets with WILD MUSHROOMS

**If there is a picky eater in your house, this dish would work just as well with chicken breasts or thighs. For a gluten-free version, you can skip the dredging step altogether. Marinate the chicken for Friday's dinner tonight!**

### INGREDIENTS:

- Four 6-oz pork cutlets
- Kosher salt, as needed
- Freshly ground black pepper, as needed
- All-purpose flour, for dredging
  - Olive oil, as needed
  - 1 small shallot, minced
- 2 cups sliced assorted mushrooms (oyster, cremini, stemmed shiitake, chanterelle, and/or white)
- 1 tsp chopped thyme leaves
  - 1/4 cup dry white wine
  - 1/4 cup chicken broth
  - 2 tbsp unsalted butter

1. Season the pork cutlets with salt and pepper. Dredge in the flour, shaking off any excess.

2. Pour oil into a large sauté pan to a depth of 1/8 inch and heat over high heat until the surface of the oil shimmers. Add the pork cutlets and pan fry on the first side until deep golden brown, 3 to 4 minutes. Turn the pork cutlets and continue cooking on the second side until the pork is cooked through and the exterior is golden brown, 3 to 4 minutes more. Transfer to a warmed platter and cover to keep warm while completing the ragout.

3. Pour off all but 2 tablespoons of oil, add the shallot to the pan, and sauté over medium heat until limp, about 1 minute. Increase the heat to high, add the mushrooms and thyme, and sauté until the mushrooms are lightly browned, about 2 minutes.

4. Add the wine and stir to deglaze the pan, scraping up any browned bits from the pan bottom. Add the broth and any juices released by the pork chops. Simmer over high heat until the liquid has reduced by about half, 6 to 7 minutes. Swirl in the butter to thicken the sauce slightly. Serve the pork chops immediately with the sauce.

SERVES 4



**DISH**  
EAT. DRINK. DISCOVER.



## Sautéed BROCCOLI RABE

**Broccoli rabe is naturally a bit bitter, which is part of its charm. But if it isn't for you, substitute broccolini or broccoli florets. The anchovies will add a savoriness without being very fishy, so don't be afraid to try!**

### INGREDIENTS:

- 3 lb broccoli rabe
- 1/4 cup olive oil
- 3 tablespoons thinly sliced garlic
- 1 or 2 anchovy fillets, optional
- 1/4 to 1/2 teaspoon crushed red pepper flakes
- Kosher salt, to taste
- Freshly ground black pepper, to taste

1. Bring a large pot of salted water to a boil. Wash the broccoli rabe and remove any tough stems and very large leaves. Blanch the broccoli rabe in the boiling water until it is bright green, about 3 minutes. Drain and rinse the broccoli rabe to stop the cooking. Squeeze dry and chop, if desired.

2. In a sauté pan, heat the oil over low heat. Add the garlic and cook gently, stirring frequently, until the garlic is limp and barely golden, about 2 minutes. (Keep the heat very low to avoid scorching the garlic.)

3. Add the anchovy fillets, if using, and smash them into the olive oil with the back of a spoon. Cook until the anchovy is dissolved, about 1 minute. Add the red pepper flakes and stir into the oil. Increase the heat to high, add the broccoli rabe, and sauté quickly until the broccoli rabe is very hot, about 3 minutes. Season to taste with salt and pepper. Serve immediately on heated plates or in a heated serving bowl.

SERVES 4 TO 6



**DISH**  
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## VINEGAR CHICKEN

**If you have leftover wine, try freezing it in 1/4 or 1/2 cup portions (silicone muffin pans are perfect for this! Pop the frozen wine out and store in a zip-top bag). You can quickly defrost them when you need to deglaze a pan!**

### INGREDIENTS:

- 4 garlic cloves, finely chopped
  - 4 shallots, finely chopped
  - 1 cup dry white wine
- 6 chicken breasts, skin-on, bone-in
- Extra-virgin olive oil, as needed
  - 1/4 cup tomato paste
  - 1 cup cider vinegar
  - 2 tbsp honey
- 1 1/2 cups chicken broth
  - 1 tbsp parsley
  - 1 tbsp tarragon

SERVES 6

1. To prepare the chicken: The day before, in a nonreactive bowl or container, combine the garlic, shallots, and wine to make a marinade. Add the chicken and allow to marinate in the refrigerator overnight. On the following day, remove the chicken from the marinade and pat dry with paper towels. Strain the vegetables from the marinade and reserve both.

2. In a pan over medium heat, cook the chicken breasts in a small amount of olive oil until golden brown on both sides, about 10 minutes. If working in small batches to avoid overcrowding the pan, continue cooking until all the chicken breasts are browned. If excess fat accumulates in the pan or small solids in the bottom of the pan start to burn, drain the fat and add new olive oil, as needed, between batches.

3. In a clean pan over medium heat, cook the reserved garlic and shallots in a small amount of olive oil until tender, about 4 minutes. Stir in the tomato paste and allow it to cook for 3 minutes. Deglaze the pan with the vinegar and half of the reserved marinade. Add the honey and broth and continue cooking until the liquid has reduced by two-thirds. Add the chicken breasts and the remaining half of the marinade and cook until the juices from the chicken run clear, about 10 minutes. Transfer the chicken to a plate, cover lightly with aluminum foil, and allow the chicken to rest.

4. Strain the cooking liquid through a fine-mesh sieve and return the liquid to the pan. Cook over medium heat until the liquid has reduced to a consistency that coats the back of a wooden spoon. Stir in the parsley and tarragon.

5. Carve the chicken from the bone and slice before serving with the vinegar sauce.



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## Oven-Roasted POTATOES

**Roasted potatoes are a big pay off for little work. Let these roast while you prepare the chicken. If the garlic starts to darken too quickly, pull it out and set it aside while the potatoes finish. Add it back to serve.**

### INGREDIENTS:

- 2 tbsp vegetable oil
- 2 tbsp extra-virgin olive oil
- 1 1/2 to 2 lb unpeeled fingerling, Red Bliss, or yellow creamer potatoes, washed well
- 10 unpeeled garlic cloves
- 2 sprigs rosemary (6 inches long)
  - 6 sprigs thyme
  - 2 tsp kosher salt, plus more as needed
- 1 tsp freshly cracked black pepper, plus more as needed

1. Preheat the oven to 400°F.

2. Place the vegetable and olive oils in a 9- to 10-inch ovenproof pan. Add the potatoes and toss in the oils to coat. Add the garlic, rosemary, thyme, salt, and pepper and toss with the potatoes to coat. Cover the pan tightly with aluminum foil or a lid and transfer to the oven. Roast for 25 minutes.

3. Carefully uncover the pan and turn the potatoes over. Using a fork or skewer, check for tenderness; if the potatoes are nearly tender and the fork or skewer pulls out easily, return the potatoes to the oven, uncovered, just to crisp the skin, about 10 minutes. If they are not yet nearly tender, cover the pan tightly again and returning to the oven to roast for about 10 minutes more. When the potatoes are nearly tender, remove the cover and return the pan to the oven until the potatoes are fork-tender and the skins are crisp, about 10 minutes. If desired, sprinkle with a little more salt and pepper. Remove the peels from the garlic, add to the potatoes, and serve.

SERVES 6



**DISH**  
EAT. DRINK. DISCOVER.

# DINNER SHOPPING LIST

## PROTEIN

- ☐ 1 lb ground turkey
- ☐ 1 lb beef skirt steak
- ☐ 4 (6 oz) pork cutlets
- ☐ 6 bone-in, skin-on chicken breasts

## DAIRY

- ☐ 5 cups shredded Cheddar
- ☐ 1 lb butter
- ☐ 4 cups milk
- ☐ 1 cup heavy cream
- ☐ 4 large eggs

## PANTRY

- ☐ 2 cups olive oil
- ☐ 1/4 cup canola oil
- ☐ 1 cup dry breadcrumbs
- ☐ 1/4 cup panko breadcrumbs
- ☐ 6 tbsp tomato paste
- ☐ 1/2 cup soy sauce
- ☐ 2 tbsp dark sesame oil
- ☐ 1 cup cider vinegar
- ☐ 2 anchovy fillets
- ☐ 1/4 tsp Tabasco sauce
- ☐ 2 tbsp Korean red pepper paste (gochujang)
- ☐ 1 cup medium-grain white rice
- ☐ 8 oz elbow macaroni
- ☐ 1 cup all-purpose flour
- ☐ 2 tsp sugar
- ☐ 2 tbsp honey
- ☐ 1 1/4 cup dry white wine
- ☐ 1 3/4 cups chicken broth
- ☐ 1/2 tsp red pepper flakes
- ☐ 2 tsp sesame seeds
- ☐ 1/2 tsp sweet or smoked paprika
- ☐ 1 bay leaf
- ☐ Kosher salt
- ☐ Black pepper

## PRODUCE

- ☐ 1 medium yellow onion
- ☐ 5 shallots
- ☐ 2 heads garlic
- ☐ 1 (2-in) piece fresh ginger
- ☐ 2 lb carrots
- ☐ 1 head Napa cabbage
- ☐ 3 lb broccoli rabe
- ☐ 1 bunch red radishes
- ☐ 1 small daikon radish
- ☐ 1 seedless cucumber
- ☐ 1 bell pepper
- ☐ 16 oz button mushrooms
- ☐ 2 cups assorted mushrooms
- ☐ 2 1/4 lb Russet potatoes
- ☐ 1 bunch thyme
- ☐ 1 bunch parsley
- ☐ 1 bunch tarragon

