



WELCOME!

We have one foot in summer and one in fall, and so does this menu! We're holding onto corn and cold shrimp rolls, but we're ready for soup and comfort foods.

There are plenty of make-ahead opportunities so you can plan for busy back-to-school nights.

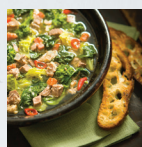
PREP AHEAD

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

1. Shuck and grate your corn for Monday's dinner.
2. Make the broth for Tuesday's soup.
3. Cook rice for Thursday's fried rice if you don't already have leftovers on hand.



MONDAY
Creamy Corn
with Blackened Tilapia



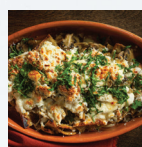
TUESDAY
Minestra Maritata



WEDNESDAY
Shrimp Rolls



THURSDAY
Kimchi Fried Rice



FRIDAY
Chilaquiles with Mushrooms



DISH
EAT. DRINK. DISCOVER.



Creamy Corn with BLACKENED TILAPIA

You can use any fish that you like in this recipe, like cod, salmon, or even shrimp or cala-mari. The creamy corn is best cooked the day you plan to enjoy it, but to save time, you can grate the corn up to 2 days ahead and refrigerate tightly covered.

INGREDIENTS:

- 8 ears corn, shucked
- Pinch salt, plus as needed
- 1 cup cherry or grape tomatoes, halved
 - 1 tbsp minced shallots
 - 2 tsp olive oil
- 2 tsp white wine vinegar
 - 4 tilapia fillets
 - 2 tbsp canola oil
- 1 tbsp Cajun spice-blend
- 1/4 cup sliced scallions

1. Using a box grater set over a large bowl, grate the corn over the largest hole. Grate to the base of each kernel to release all of the corn milk. Transfer the corn to a medium saucepan, add a pinch of salt, and bring to a simmer. Cook, stirring frequently, until the corn is softened and no longer tastes starchy, about 6 minutes. Adjust the seasoning with salt and remove from the heat.
2. Meanwhile, in a small bowl, toss the tomatoes, shallots, olive oil, and vinegar. Season with a pinch of salt. Set aside. Season the tilapia with the Cajun spice-blend on both sides.
3. Heat the oil in a non-stick or well-seasoned cast iron skillet over medium-high heat. Add the fish and cook until cooked through and browned on both sides, 2 to 3 minutes on each side.
4. Reheat the corn, if needed, and serve with the tilapia, topped with the tomato mixture and a sprinkle of scallions.

SERVES 4



DISH
EAT. DRINK. DISCOVER.



MINESTRA MARITATA

Make the broth a few days ahead (through Step 4), then pick up at Step 5 when you're ready. Ask your butcher for pork skin, but if you can't find it, just leave it out.

INGREDIENTS:

- 8 oz pork ribs
- 4 oz pork skin
- 8 oz boneless beef chuck
(in 1 piece)
- 3 oz pancetta
- 1 medium yellow onion
- 2 garlic cloves, peeled
 - 1 sprig thyme
 - 1 bay leaf
- 4 oz fresh Italian sausage,
cooked
 - 1 lb savoy cabbage
 - 1 lb escarole
 - 1 lb broccoli rabe
- 1 fresh hot red chile (remove stem
and seeds if you are concerned
about heat)

1. Put the pork ribs, pork skin, beef, and pancetta in a large pot and add enough cold water to completely cover the meats. Put the pot over medium heat, and bring the water to a simmer. As soon as it comes to a simmer, remove the lid and start skimming any foam that rises to the surface.

2. Add the onion, garlic, thyme, and bay leaf. Partially cover the pot by setting the lid slightly ajar to leave an opening; that way, the pot won't be as likely to boil over and you can keep an eye on it more easily. Bring it back to a simmer and cook, skimming periodically, for about 2 hours.

3. Remove the meats from the broth, let them cool enough to handle easily, remove the bones, and cut the meat into small pieces. Cut the sausage into small pieces and reserve the meats and sausages. (If you plan to serve the soup the next day, keep the meats in a covered container in the refrigerator; it is fine to mix them together.)

4. Strain the broth through a wire-mesh sieve directly into a soup pot if you are planning to serve the soup right away. If you plan to serve the soup another day, cool and store the broth in the refrigerator.

(Continued on next page.)

SERVES 4 TO 6



DISH
EAT. DRINK. DISCOVER.



MINESTRA MARITATA, CONT.

5. Prepare the vegetables for the soup: Separate the cabbage and escarole leaves from the base, rinse well, and cut into thin strips about 2 inches long. Trim and peel the broccoli rabe stems; discard any bruised or discolored leaves, and coarsely chop the stems and tops.
6. Return the broth to a simmer and add the vegetables. Simmer the soup over medium or low heat until the vegetables are tender, about 20 minutes. Add the meat and sausage to the broth, along with the chile. Simmer the soup until it is very flavorful and all the ingredients are tender and very hot, about 10 minutes.
7. Serve the soup at once in heated soup bowls.



DISH
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SHRIMP ROLLS

We like serving shrimp rolls with kettle cooked potato chips, because it feels like casual dinner by the beach, but you can serve yours with a green salad, grilled veggies, or coleslaw, if you prefer. If you can find them, a brioche roll is a decadent upgrade from the hot dog roll.

INGREDIENTS:

- 1 pound jumbo (21/25) shrimp, peeled and deveined
 - 1/4 cup small-dice celery
 - 3 tablespoons mayonnaise
- 1 heaping tsp Dijon mustard
 - 1/2 tsp lemon juice
 - Pinch kosher salt
- Pinch ground black pepper
 - 4 hot dog rolls(Eastern style—split on top)
 - 1 tbsp melted butter
- Kettle cooked potato chips, for serving

1. Bring a medium pot of salted water to a boil. Add the shrimp, turn off the heat, and cover. After 2 minutes, remove the shrimp and place in an ice bath until cool.
2. Cut each shrimp into four pieces.
3. Combine the shrimp meat, celery, mayonnaise, mustard, lemon juice, salt, and pepper in a mixing bowl. Adjust seasoning.
4. For each sandwich, open a roll, brush with butter, and toast on a griddle until golden brown.
5. Divide the shrimp salad between the rolls and serve with the potato chips.

SERVES 4



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KIMCHI FRIED RICE

Dry rice is ideal for fried rice, so either use leftovers or make your rice a few days ahead of time. If you like, add some diced bacon or Spam to this recipe for a little extra savoriness.

INGREDIENTS:

- 1 tbsp sesame oil
- 2 tbsp canola oil
- 1 cup minced yellow onion
 - 3 cloves garlic, minced
 - 2 cups kimchi, diced
 - 2 tbsp soy sauce
- 4 cups cooked white rice
 - Kosher salt, to taste
 - 4 fried eggs
- Scallions, for garnish (optional)

1. Heat the sesame oil and canola oil in a large skillet or wok over medium-high heat. Add the onion and cook until translucent, about 4 minutes. Add the garlic and cook until aromatic, about 30 seconds.

2. Add the kimchi and soy sauce and cook until the kimchi begins to brown around the edges and the liquid has reduced slightly, about 4 minutes. Add the rice and cook until it is heated through and has absorbed the sauce, about 4 minutes. Adjust the seasoning with salt, to taste.

3. Serve the rice with the fried eggs, garnished with scallions, if you like.

SERVES 4



DISH
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Chilaquiles with MUSHROOMS

Freshly fried tortilla chips are tasty, but this recipe can absolutely be made with store-bought tortilla chips. Just use enough to fill your baking dish.

INGREDIENTS:

- 1 lb white mushrooms, sliced 1/4-inch thick
- 1/4 cup olive oil
- 1/2 medium white onion, minced
 - 2 garlic cloves, minced
- 1 cup prepared tomatillo salsa
 - Kosher salt, as needed
- Vegetable oil, as needed, to fry the tortillas
 - 8 oz corn tortillas, cut into 8 wedges each
 - 1/2 cup sour cream
- 4 oz queso fresco, crumbled
- 1/2 cup coarsely cut cilantro

1. In a very hot skillet, cook the mushrooms in the olive oil until slightly browned, 3 to 5 minutes. Add the onions and cook until slightly softened, about 1 minute. Add the garlic and cook until fragrant, 10 to 20 seconds. Add the salsa and simmer for about 2 minutes more. Adjust the seasoning as needed with salt.
2. Heat the oil to 325 degrees F and deep-fry the corn tortilla wedges until crispy and very slightly browned, 1 to 2 minutes. Transfer to a paper-towel lined tray to drain.
3. Preheat the oven to 450 degrees F. In a mixing bowl, combine the fried tortilla wedges with the mushroom mixture. The tortillas should soften slightly but not become mushy.
4. Transfer to a baking dish, drizzle with sour cream, and sprinkle with the queso fresco. Bake until heated through, about 5 minutes.
5. Garnish with the cilantro and serve immediately.

SERVES 8



DISH
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DINNER SHOPPING LIST

PROTEIN

- ☐ 8 oz pork ribs
- ☐ 4 oz pork skin
- ☐ 8 oz boneless beef chuck
- ☐ 4 oz Italian sausage
- ☐ 3 oz pancetta
- ☐ 4 tilapia fillets
- ☐ 1 lb jumbo (21/25) shrimp

DAIRY

- ☐ 1/2 cup sour cream
- ☐ 4 oz queso fresco
- ☐ 1 tbsp butter
- ☐ 4 eggs

PANTRY

- ☐ 1/4 cup canola oil
- ☐ 1 tbsp sesame oil
- ☐ 2 tsp olive oil
- ☐ 3 tbsp mayonnaise
- ☐ 1 tsp Dijon mustard
- ☐ 2 tsp white wine vinegar
- ☐ 2 tbsp soy sauce
- ☐ 1 pint kimchi
- ☐ 1 cup tomatillo salsa
(salsa verde)
- ☐ 2 cups long-grain white
rice (or 4 cups cooked)
- ☐ 4 split-top hot dog buns
- ☐ 8 oz corn tortillas
or 1 bag tortilla chips
- ☐ 1 bag kettle cooked
potato chips
- ☐ 2 tbsp Cajun spice-blend
- ☐ Kosher salt
- ☐ Black pepper

PRODUCE

- ☐ 3 medium yellow onions
- ☐ 1 head garlic
- ☐ 1 head celery
- ☐ 1 shallot
- ☐ 1 lb white mushrooms
- ☐ 1 head Savoy cabbage
- ☐ 1 lb escarole
- ☐ 1 lb broccoli rabe
- ☐ 1 bunch scallions
- ☐ 1 fresh hot red chile
- ☐ 8 ears corn
- ☐ 1 cup cherry or
grape tomatoes
- ☐ 1 lemon
- ☐ 1 bunch thyme
- ☐ 1 bunch cilantro



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