



WELCOME!

We know that it's fall, but our minds (and thermometers!) still have a toe in summer, so we're still grilling. After all, some of us at the CIA are in Texas!

If it's chilly where you are, both the chicken tikka and halibut can be made in the great indoors, either on a grill pan or even just a nonstick skillet.

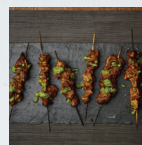
PREP AHEAD

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

1. Cook the chickpeas for Monday.
2. Make the tikka masala marinade.



MONDAY
Pasta e Ceci



TUESDAY
Chicken Tikka
with Grilled Veggies



WEDNESDAY
Saag Paneer



THURSDAY
Squash Soup with Ginger Cream



FRIDAY
Grilled Halibut
with Red Pepper Salad



DISH
EAT. DRINK. DISCOVER.



PASTA E CECI

This is a classic Italian dish that showcases chickpeas and a flavorful broth. You can cook the chickpeas a day or two ahead, and then the dish will come together in a flash for a busy weeknight.

INGREDIENTS:

- 1 lb dried chickpeas
(about 2 1/2 cups)
- 1/2 cup extra-virgin olive oil,
plus more for drizzling
- 1 medium yellow onion,
finely chopped
- 1 celery stalk, finely chopped
 - 2 garlic cloves, chopped
 - 1 rosemary sprig,
leaves picked and chopped
- 3 cups chicken or vegetable broth,
or as needed
- 3/4 cup broken pappardelle
(or any short dried pasta)
 - Sea salt, to taste
- Ground black pepper, as needed
- Crushed hot red pepper, as needed
 - Chopped flat-leaf parsley,
for serving

1. The day before making the soup, sort and rinse the chickpeas and soak in cold water to cover for at least 12 and up to 24 hours.

2. Drain the chickpeas and put them in a pot. Add enough cold water to cover by at least 2 inches. Bring the water to a boil over high heat. Lower the heat, and continue to simmer the chickpeas until they are tender, about 45 minutes. Drain the chickpeas in a colander and reserve.

3. Heat a soup pot over medium heat. Add the olive oil, onion, celery, garlic, and rosemary. Cover and cook over low heat until the vegetables are tender and have started to release some of their juices, about 10 minutes.

4. Drain the chickpeas and add them to the soup pot, along with the broth. Stir and cook over low heat until the chickpeas are very tender, 30 to 40 minutes.

5. Transfer half of the soup to a large bowl. Use an immersion blender to puree the soup left in the pot. Return the unpureed soup to the pot, and add the pasta. Continue to simmer the soup until the pasta is cooked and tender, 10 to 12 minutes depending upon the shape of the pasta you use. Add salt, black pepper, and hot red pepper to taste. Garnish with parsley before serving.

SERVES 4 TO 6



CHICKEN TIKKA WITH GRILLED VEGGIES

This is a very mild Indian-style preparation that is lightly spiced and not very spicy at all. We like it with [Cilantro-Cashew Chutney](#) (you can buy prepared varieties), but it's tasty enough on its own. Serve it with naan or even just steamed rice, if you like.

INGREDIENTS:

- 2 lb skinless, boneless chicken thighs, cut into 1-inch cubes
 - Salt, as needed
- Ground black pepper, as needed
 - Juice of 1 lemon
 - 2 tbsp ghee or canola oil
 - 1 tbsp paprika
- 1 1/2 tsp ground Korean chili pepper
 - 2 tsp ground cumin
 - 1 tsp ground ginger
 - 2 tsp ground turmeric
 - 2 tsp ground coriander
 - 1/2 cup diced onions
 - 2 cloves garlic, sliced
 - 1 cup Greek yogurt
 - 2 small zucchinis, halved
- 2 bell peppers, cored and quartered
 - 2 tbsp olive oil
- Naan, for serving (optional)

1. Season the chicken with salt, pepper, and lemon juice.

2. In a saucepan or similar pan, heat the ghee. Add the paprika, chili pepper, cumin, ginger, turmeric, and coriander and cook until aromatic, about 1 minute. Add the onions and cook over medium heat until the onions are very tender, about 10 minutes. Add the garlic and continue to cook until fragrant, about 1 minute.

3. Purée the onion-spice mix in a blender, adding small amounts of yogurt as needed to facilitate the blending.

4. Combine the spice purée with the diced chicken, mix well, and add the remainder of the yogurt. Allow to marinate for about 1 hour. Skewer the chicken pieces (if using wooden skewers, soak in water for 30 minutes before using).

5. Prepare a grill for medium-high cooking. Toss the zucchini and peppers in the olive oil. Grill the vegetables and chicken until cooked through and well charred, 5 to 6 minutes.

6. Cut the vegetables into portion-sized pieces and serve alongside the chicken with the naan, if using.

SERVES 4 TO 6



SAAG PANEER

You can find paneer in most well-stocked grocery stores these days, but if not, check your local Asian market. In a pinch, you can stir in some ricotta, but it's not a perfect substitute. If you don't like spice, don't add the Thai chile. It's hot!

INGREDIENTS:

- 4 lb spinach, washed
- 1/2 cup vegetable oil
- 1 1/2 cups chopped onion
 - 2 tbsp ground cumin
 - 2 tsp turmeric powder
 - 1 tsp garam masala
- 1 tsp Korean chili powder
- 1 tbsp ground coriander
- 5 garlic cloves, chopped
- 2 tbsp chopped ginger
- 1 Thai bird chili, chopped (optional)
 - 1 lb chopped tomatoes
 - Kosher salt, as needed
- 1 lb cubed paneer cheese
 - 1 cup Greek yogurt
 - Sugar, as needed
- Ground black pepper, as needed
 - 3 cups cooked Jasmine rice, for serving

1. Prepare an ice-water bath. Bring a large pot of salted water to a boil. Blanch the spinach until just wilted and then shock in the ice water. Drain the spinach and squeeze out the excess moisture. Coarsely chop the spinach and re-serve.

2. Heat the oil in a large sauté pan over medium-high heat and add the onion. Cook until slightly brown and then stir in the cumin, turmeric, garam masala, chili powder, and coriander.

3. Reduce the heat to low. Cook for 2 minutes more, then add the garlic, ginger, and chopped chile. Cook until the garlic is fragrant, about 1 minute more. Add the tomatoes and cook for 5 minutes. When the tomatoes are cooked, add the spinach. Season with salt.

4. Cook, stirring, until the flavors of the spices have blended, about 5 minutes. Cover and cook for 3 minutes more. Add the cheese and cook for 4 minutes more. Stir in the yogurt. Adjust the seasoning with sugar,

SERVES 6



SQUASH SOUP WITH GINGER CREAM

Use whatever hard-skinned squash that you can find, like butternut, pumpkin, calabaza. For a vegan version, use olive oil instead of butter, omit the milk and whipped cream garnish. Add 1 cup of raw cashews in Step 2, which will make the blended soup creamy.

INGREDIENTS:

- 2 tsp butter
- 2 garlic cloves, minced
- 1 1/4 cups chopped leek
 - 1/2 cup diced celery
- 2 tsp minced fresh ginger
- 5 cups vegetable broth
- 3 cups diced hard-skinned squash
 - 1 cup sliced sweet potato
- 1 small piece cinnamon stick
- 1/4 tsp freshly grated nutmeg, or to taste
 - 1/2 cup dry white wine
- 1/2 cup evaporated skim milk
- 2 tsp freshly squeezed lime juice
 - 1/2 tsp salt, or to taste
- 1/2 cup heavy cream, chilled

1. Heat the butter in a soup pot over medium heat. Add the garlic, leek, celery, and half of the ginger. Cook, stirring occasionally, until the leek and celery are softened, 8 to 10 minutes.
2. Add the broth, pumpkin, sweet potato, cinnamon stick, and nutmeg. Bring to a simmer and cook until the pumpkin is very tender, about 30 minutes.
3. Remove and discard the cinnamon stick. Purée the soup until quite smooth. Strain through a fine sieve for an exceptionally smooth texture, if you wish.
4. Return the soup to medium heat. Add the wine, milk, lime juice, and the salt to taste. Stir to combine well and reheat the soup to just below a simmer.
5. Whip the chilled heavy cream to medium peaks and fold in the remaining ginger. Serve the soup in heated bowls, garnished with a dollop of ginger-flavored cream.

SERVES 6 TO 8



GRILLED HALIBUT WITH RED PEPPER SALAD

Grilling fish can be tricky, and while we believe in you, don't be afraid to utilize a fish basket to take away any stress. With a basket, the fish is held in place off the grates, meaning it won't stick to the grill or fall apart when you flip it!

INGREDIENTS:

- 2 bell peppers, or 1 cup of prepared roasted peppers
 - 2 tbsp olive oil
- 1/2 small onion, thinly sliced
- 1 1/2 tbsp garlic, thinly sliced
 - 1 tbsp capers, chopped
 - 2 tsp sherry vinegar
 - 1/4 tsp ground cumin
 - 1/4 tsp red pepper flakes
- Pinch of ground coriander
 - 1/2 tsp salt, or to taste
- 1/4 tsp freshly ground black pepper, or to taste
 - 1 1/2 lb halibut fillet

1. Rub the peppers with 2 tablespoons of the olive oil and roast them in a 350°F oven for 25 to 30 minutes, or until the skins start to fall off. Place the peppers in a bowl and place a piece of plastic wrap over them. Allow them to steam for 5 minutes.

2. Peel the skin off of the peppers and remove the stems and seeds. Slice the peppers into thin strips. (Skip the roasting step if using prepared roasted peppers.)

3. Heat the remaining olive oil in a large sauté pan over medium high heat. Add the onion and cook until lightly caramelized, about 8 to 10 minutes. Add the garlic and cook until aromatic.

4. Add the capers, vinegar, cumin, red pepper flakes, and coriander. Season with about 1/4 teaspoon salt and a pinch of black pepper. Keep warm.

5. Cut the halibut into four portions. Season the halibut with salt and pepper. Grill the halibut over medium-high heat until just cooked through, about 2 to 3 minutes. Serve with the roasted pepper salad.

SERVES 4



DISH
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DINNER SHOPPING LIST

PROTEIN

- ☐ 2 lb skinless, boneless chicken thighs
- ☐ 1 1/2 lb halibut fillet

DAIRY

- ☐ 2 tsp butter
- ☐ 2 cups Greek yogurt
- ☐ 1/2 cup heavy cream
- ☐ 1 lb paneer cheese

PANTRY

- ☐ 1 cup olive oil
- ☐ 3/4 cup vegetable oil
- ☐ 2 tsp sherry vinegar
- ☐ 1/2 cup dry white wine
- ☐ 1 lb dried chickpeas
- ☐ 1 lb pappardelle
- ☐ 1 1/2 cups Jasmine rice
- ☐ 1 tbsp capers
- ☐ 3 cups chicken or vegetable broth
- ☐ 5 cups vegetable broth
- ☐ Naan (optional)
- ☐ 1/4 cup sugar
- ☐ 1/2 cup evaporated milk
- ☐ 3 tbsp ground cumin
- ☐ 2 tbsp ground turmeric
- ☐ 1 tbsp paprika
- ☐ 2 tbsp ground coriander
- ☐ 1 tsp garam masala
- ☐ 1 tsp ground ginger
- ☐ 1 1/2 tsp ground Korean chili pepper
- ☐ 2 tsp red pepper flakes
- ☐ 1/4 tsp grated nutmeg
- ☐ 1 cinnamon stick
- ☐ Kosher salt
- ☐ Black pepper

PRODUCE

- ☐ 5 medium yellow onions
- ☐ 1 bunch celery
- ☐ 2 heads garlic
- ☐ 1 bunch leeks
- ☐ 1 (4-in) piece ginger
- ☐ 2 small zucchinis
- ☐ 3 cups diced hard-skinned squash
- ☐ 4 bell peppers
- ☐ 1 lb tomatoes
- ☐ 1 Thai chile
- ☐ 4 lb spinach
- ☐ 1 lemon
- ☐ 2 limes
- ☐ 1 bunch rosemary
- ☐ 1 bunch parsley



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