



WELCOME!

This is a great week to use up odds and ends taking up space in your freezer. Use frozen peas for Monday's risotto-style rice dish. Tuesday, grill some pork chops or salmon (and bring it inside to the stove if it's too chilly) instead of steak if there's a great sale. Anything goes!

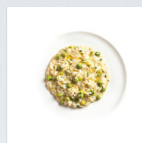
A Thai curry is a great way to put frozen or spare veggies to work, including leftovers. There's room for everyone in the pot.

PREP AHEAD

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

Trim your broccoli rabe, and make and toast your bread crumbs for Wednesday's pasta.

2. Prep the veggies for Thursday's curry.



MONDAY
Rice and Peas



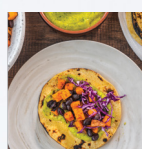
TUESDAY
Grilled Steak with
Herbed Polenta



WEDNESDAY
Fedelini with Broccoli Rabe,
Pancetta, and Bread Crumbs



THURSDAY
Thai Green Curry with
Pork and Vegetables



FRIDAY
Sweet Potato and
Black Bean Tacos with
Avocado-Pineapple Cream



DISH
EAT. DRINK. DISCOVER.



RICE AND PEAS

Monday is all about the one-pot meal, and to us, that means risotto. This one showcases sweet spring peas, but you can substitute diced asparagus, caramelized fennel, or even broccoli florets.

INGREDIENTS:

- 8 oz (1/2 cup) unsalted butter
 - 1 medium onion, minced
- 1/2 cup chopped flat-leaf parsley
- 2 lb fresh garden peas, shelled
- 1 qt chicken or vegetable broth, warmed
 - Kosher salt, as needed
- 10 oz (1 1/2 cups) Carnaroli rice
 - 3/4 cup grated Parmagiano-Reggiano,
- Freshly ground black pepper, as necessary

SERVES 4 to 6

1. Heat 1/4 cup of the butter in a small saucepan over medium heat. Add half of the onion and cook, stirring frequently, until tender and translucent, about 4 minutes. Add half of the parsley, and then the peas. Stir to coat the peas with the butter. Add 1 cup of the broth and bring to a gentle simmer until the peas are cooked but still firm, 5 to 7 minutes. Set aside.
2. Heat 4 tablespoons of the butter in a large pot over low heat. Add the remaining onion and cook, stirring frequently, until the onion is tender and translucent, about 4 minutes. Add the rice and toast lightly, stirring frequently, about 2 minutes.
3. Add enough of the broth to come 1/2 inch above the rice and cook, stirring frequently to be sure the rice doesn't stick to the bottom. As the rice absorbs the broth, keep adding more, 1/2 cup at a time.
4. Once the rice has absorbed almost all the broth, and is al dente, about 16 minutes total cooking time, add the peas and their cooking liquid and continue to cook until the all of the ingredients are fully cooked, 2 minutes more. Remove the pot from the heat. Add the remaining 1/4 cup butter and parsley and the cheese and stir vigorously until the risotto is creamy. Season with salt and pepper as needed.



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Grilled Steak with HERBED POLENTA

We've opted for a T-bone or strip loin for this steak dinner, but you can choose whichever cut you like best, like a bone-in ribeye or a filet. Just keep in mind that the cooking time will depend on the size of the steak.

INGREDIENTS:

- 4 T-bone or strip loin steaks, 1 1/2 inches thick
- 1/4 cup extra-virgin olive oil, divided use
 - 1/4 cup minced garlic
 - 4 tsp salt 2 tsp ground black pepper
- 2 tsp minced rosemary
 - 3 tbsp lemon juice

POLENTA

- 4 cups chicken broth
- 1 tsp salt, or to taste
- 1/4 tsp ground black pepper, or to taste
 - 1 cup yellow cornmeal
- 2/3 cup grated Parmesan cheese
 - 2 tbsp butter
- 2 tsp chopped rosemary
- 1 1/4 tsp chopped thyme

1. Prepare a grill for high-heat cooking.
2. Brush the steaks with a bit of the oil and season generously with the garlic, salt, pepper, and rosemary. Grill the steaks over direct heat until marked, about two minutes on each side. Move the steaks to a cooler part of the grill and continue to grill over indirect heat until desired doneness; six to seven minutes per side for medium.
3. Transfer the meat to a cutting board or a large platter. Drizzle each of the steaks with two teaspoons more olive oil and finish sprinkling the steaks with lemon juice. Let the steaks rest for about 10 to 15 minutes before carving into slices.
4. For the polenta, Bring the chicken broth to a boil and season with the salt and pepper. Add the cornmeal in a stream, stirring constantly until all of it has been added. Simmer, stirring often, until the polenta has thickened and starts to pull away lightly from the sides of the pot, 10 to 25 minutes depending on coarseness of meal.
5. Remove from the heat and blend in the cheese, butter, rosemary, and thyme. Adjust seasoning with salt and pepper, if desired.

SERVES 8



DISH
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Fedelini with Broccoli Rabe, PANCETTA, AND BREAD CRUMBS

Broccoli rabe is a controversial veggie, because of its bitterness. If it's not for you, substitute broccolini. The bread crumbs add toastiness to this dish, and you can make them several days ahead of time and keep them in a tightly-covered container.

INGREDIENTS:

- 1 1/2 oz pancetta, julienned
 - 1 cup diced onion
- 3 garlic cloves, minced
- 1 tbsp chopped thyme
- 1 tsp red pepper flakes
- 1 bunch broccoli rabe, trimmed and chopped
- 1 3/4 cups chicken broth
 - 1 tbsp lemon juice
- 1 lb dried fedelini or other pasta
- 3/4 cup toasted fresh bread crumbs
 - 2 tbsp grated
 - Parmigiano-Reggiano
- 2 tbsp chopped parsley

SERVES 6

1. Cook the pancetta in a large sauté pan over medium heat until the pancetta is crisp and the fat has rendered, about 2 minutes. Add the onion and garlic and sauté, stirring frequently, until the onions are golden brown, about 4 minutes. Add the thyme and red pepper flakes and cook just long enough to heat them, about 1 minute.
2. Add the broccoli rabe and sauté, stirring frequently, until it is bright green and hot, about 3 minutes. Add the broth and simmer over low heat until the broccoli rabe is tender and the broth has nearly cooked away, about 5 minutes. Taste and season with lemon juice and red pepper. Keep the broccoli rabe warm while you cook the pasta.
3. Bring a large pot of lightly salted water to a rolling boil over high heat. Add the fedelini and boil until tender to the bite, 7 to 9 minutes. Drain the fedelini through a colander, reserving about 1/2 cup of the pasta water.
4. Add the fedelini to the broccoli rabe and lift and toss to combine the ingredients over low heat. Add enough of the reserved pasta water to evenly and lightly coat the fedelini if needed (the pasta should look creamy, not oily or dry).
5. Serve the pasta in a heated bowl or individual plates. Top with the toasted bread crumbs, Parmesan, and parsley.



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Thai Green Curry with PORK AND VEGETABLES

Kaffir lime leaves add a distinct flavor to Thai curries, but they can be tough to find. Check your Asian specialty market, but if you come up short, you won't miss them. You can make this dish with chicken, beef, or tofu, if you prefer.

INGREDIENTS:

- 2 tbsp canola oil, divided use
- 8 ounces pork sirloin cutlets, cut into 1/4-inch strips
 - 1 clove garlic, minced
- 1/4 cup Thai green curry paste
 - 2 cups chicken stock
- 1 pound Thai eggplant, cut into 1-inch cubes
- 1 red bell pepper, cut into 1/2-inch strips
- 3 cups green beans, cut into 1-inch pieces
- 2 tbsp thinly sliced ginger
- 2 1/2 tsp chopped kaffir lime leaves (optional)
 - 1/4 cup fish sauce
 - 1 cup Thai basil leaves
- 1 teaspoon white or black sesame seeds, for garnish

1. Heat a wok or large sauté pan over high heat. Add half of the oil and heat until it is very hot and has a shimmer to its appearance. Add the pork and stir-fry until evenly browned, about 2 minutes. Remove and reserve.
2. Add the remaining oil. Add the garlic and curry paste and cook until aromatic, about 2 minutes. Add the stock and bring to a simmer, about 1 minute.
3. Add the eggplant, peppers, beans, ginger, lime leaves (if using), and fish sauce. Cook until the eggplant is tender, about 8 minutes. Add the pork and cook until heated through. Remove from the heat and stir in the basil leaves.
4. Sprinkle with the sesame seeds (if using), and serve immediately.

SERVES 8



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Sweet Potato & Black Bean Tacos WITH AVOCADO-PINEAPPLE CREAM

Like all tacos, this vegan version is endlessly customizable. Substitute flour tortillas, if you like them better, and add whatever toppings suit you best. If beans aren't your thing, you can make these non-vegan with shredded chicken or grilled steak.

INGREDIENTS:

- 1 tbsp vegetable oil
- 1 tsp chile powder
- 1/2 tsp ground cumin
 - 1/2 tsp garlic granules
- Kosher salt, to taste
- Freshly ground black pepper, to taste
 - 1 large sweet potato (about 1 lb 4 oz), diced
 - 1 large avocado
- 1/2 cup chopped pineapple
 - 1/2 jalapeño, seeded
 - 1/2 cup cilantro leaves
- 1 tbsp freshly squeezed lime juice
- 1 (15 oz) can black beans, drained and rinsed
 - 8 corn tortillas
- 1/4 head red cabbage, thinly sliced
- Lime wedges, for serving

1. Preheat the oven to 400°F. In a medium bowl, combine the oil, chile powder, cumin, garlic granules, and a pinch of salt and pepper. Stir to form a paste. Add the sweet potato and toss to coat in the spice mixture. Transfer to a foil-lined baking sheet and roast, stirring occasionally, until cooked through and brown around the edges, about 30 minutes.
2. Meanwhile, in a small food processor, combine the avocado, pineapple, jalapeño, cilantro, and lime juice. Purée until smooth, then season with salt and pepper. Set aside.
3. Transfer the cooked sweet potatoes to a serving bowl and add the black beans, and toss to combine.
4. Heat a griddle or skillet over high heat and heat the tortillas until soft and pliable, about 2 minutes on each side. Alternately, char the tortillas over the open flame of a grill until soft. Wrap in a towel.
5. To serve, spread a dollop of avocado-pineapple cream on a tortilla and top with a spoonful of sweet potato and black beans. Top with a sprinkle of cabbage and a squeeze of lime.

SERVES 4



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DINNER SHOPPING LIST

PROTEINS

- 4 T-bone or strip loin steak (1 1/2-in thick)
- 8 oz pork sirloin cutlets
- 1 1/2 oz pancetta

DAIRY

- 1 lb unsalted butter
- 1 cup grated Parmigiano-Reggiano
- 2/3 cup grated Parmesan cheese

PRODUCE

- 2 medium onions
- 2 heads garlic
- 1 (3-in) piece fresh ginger
- 1 red bell pepper
- 2 lb garden peas
- 1 bunch broccoli rabe
- 1 lb Thai eggplant
- 3 cups green beans
- 4 kaffir lime leaves (optional)
- 1 large sweet potato
- 1 large avocado
- 1/2 cup chopped pineapple
- 1 jalapeño
- 1 small head red cabbage
- 1 bunch flat-leaf parsley
- 1 bunch cilantro
- 1 bunch Thai basil
- 1 bunch rosemary
- 1 bunch thyme
- 3 lemons
- 4 limes

PANTRY

- 1/4 cup olive oil
- 3 tbsp canola oil
- 3 quarts chicken broth
- 1 (15 oz) can black beans
- 10 oz Carnaroli rice
- 1 cup yellow cornmeal
- 1 lb dried fedelini pasta
- 3/4 cup bread crumbs
- 1/4 cup Thai green curry paste
- 1/4 cup fish sauce
- 8 corn tortillas
- 1 tsp chile powder
- 1 tsp red pepper flakes
- 1 tsp sesame seeds
- 1/2 tsp ground cumin
- 1/2 tsp garlic granules



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