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Cooking

Make It Tonight

Easy Dinner Download

MENU for the Week of **JANUARY 20, 2020**



monday

Glazed Lamb Chops

tuesday

Shirred Eggs with Vegetable Hash
and Smoked Cheddar

wednesday

Skillet-Braised Green Curry
Chicken

thursday

Sautéed Shrimp and Pancetta
with Cheese Grits

friday

Swiss Chard Caccio e Pepe





Monday **m** :
Glazed Lamb Chops



Tuesday **t** :
Shirred Eggs with
Vegetable Hash and
Smoked Cheddar



Wednesday **w** :
Skillet-Braised Green
Curry Chicken



Thursday **th** :
Sautéed Shrimp and
Pancetta with Cheese
Grits



Friday **f** :
Swiss Chard
Caccio e Pepe

SHOPPING LIST

FRESH PRODUCE

- 1 medium lime **w**
- 1 large or 2 medium bunches rainbow or Swiss chard **f**
- 2 small leeks **th**
- 2 medium sweet potatoes **t**
- 2 oz. baby spinach (about 2 packed cups) **w**
- 2 medium carrots **t**
- 2 medium zucchini **t**
- 1 medium red bell pepper **w**
- 1 large green bell pepper **th**
- 1 medium yellow onion **w**
- 8 cloves garlic **m w th**
- 1 small bunch fresh cilantro **w**
- 1 small bunch fresh flat-leaf parsley **th**
- 1 small bunch fresh sage **t**

MEAT, EGGS & DAIRY

- 12 lamb rib chops (about 3 lb.) **m**
- 2 to 2½ lb. bone-in, skin-on chicken thighs **w**
- 1½ lb. jumbo shrimp (21 to 25 per lb.) **th**

- 2 oz. ¼-inch-thick sliced pancetta **th**
- 8 large eggs **t**
- 5 oz. pecorino romano **f**
- 4 oz. smoked Cheddar **t**
- 4 oz. extra-sharp Cheddar **th**
- 3 Tbs. unsalted butter **t f**

OTHER GROCERIES

- 3½ cups lower-salt chicken broth **th**
- 12 oz. spaghetti **f**
- One 13- to 15-oz. can coconut milk **w**
- 1 cup quick-cooking grits (not instant) **th**
- 3½ Tbs. Thai green-curry paste **w**
- 2 Tbs. Worcestershire sauce **m**
- 2 Tbs. Angostura bitters **m**
- 1 Tbs. fish sauce **w**
- 1½ tsp. anchovy paste **m**

PANTRY STAPLES

- ¾ cup plus 1 Tbs. extra-virgin olive oil **m t th f**
- 2 Tbs. honey **m**
- 1 Tbs. vegetable oil **w**
- 1 Tbs. red wine vinegar **m**
- 1 packed tsp. light brown sugar **w**
- 1 tsp. dried oregano **m**
- ¾ tsp. cayenne **t th**
- Kosher salt **m t w th f**
- Black peppercorns **m t w th f**

Side-dish ingredients are not included in the shopping list.

monday

Glazed Lamb Chops

Active/total time: 30 minutes

Serves 4

An unusual mix of pantry ingredients—including Worcestershire sauce, anchovy paste, Angostura bitters, and honey—provides sweet and tangy flavors in this rich glaze.

4 medium cloves garlic, mashed to a paste

2 Tbs. Worcestershire sauce

2 Tbs. Angostura bitters

2 Tbs. honey

1 Tbs. red wine vinegar

1½ tsp. anchovy paste

1 tsp. dried oregano

12 lamb rib chops (about 3 lb.)

Kosher salt and coarsely ground black pepper

1 Tbs. extra-virgin olive oil

In a small bowl, combine the garlic, Worcestershire sauce, bitters, honey, vinegar, anchovy paste, oregano, and ½ cup water.

Pat the lamb chops dry and season lightly with salt and pepper. Heat the oil in a heavy-duty 12-inch skillet over medium-high heat until shimmering hot. In two batches, cook the lamb chops, flipping once, until browned and medium rare (130°F), 4 to 6 minutes total per batch. Transfer to a platter and tent with foil to keep warm.



What are Angostura bitters?

Created in Venezuela in 1824, Angostura bitters combine an infusion of herbs and gentian root in a strong rum base. It was originally used as a medicine for some illnesses as well as seasickness, but today, it is used primarily to flavor cocktails. Here, its bittersweet, slightly medicinal aroma is balanced by the saltiness of the Worcestershire and anchovy paste. Due to the high alcohol content, bitters will keep for a long time once opened. Store in a cool, dry place, and make sure to properly seal the bottle.



Pour off the fat from the skillet, add the Worcestershire mixture, and bring to a boil over medium-high heat. Cook, stirring, until the mixture thickens into a light glaze, about 10 minutes. Return the chops to the pan and cook, turning them to coat with the glaze, about 1 minute more. Serve the chops with any remaining glaze poured over them.

—Arlene Jacobs, *Fine Cooking* #127

nutrition information (per serving): Calories 670; Calories from Fat 440; Protein 39g; Carbohydrates 13g; Fat 48g; Saturated Fat 20g; Monounsaturated Fat 21g; Polyunsaturated Fat 4g; Sodium 640mg; Cholesterol 165mg; Fiber 0g

ON THE SIDE: ROASTED POTATO, PARSNIP, AND APPLE SALAD

Cut some **red potatoes**, a couple of peeled **parsnips**, and an **apple** into ¾-inch chunks. Toss with **olive oil** and **kosher salt**, and spread on a rimmed baking sheet. Roast the vegetables at 450°F, flipping once, until browned and tender, about 20 to 25 minutes. Toss **mixed greens** with a simple **vinaigrette**, then scatter the roasted vegetables over the greens. Garnish with shaved **Parmigiano-Reggiano** and some toasted chopped **walnuts**, if you like.



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Shirred Eggs with Vegetable Hash and Smoked Cheddar

Active/total time: 25 minutes

Serves 4 to 6

In this single-skillet supper, eggs are cracked over a tender sweet potato and zucchini hash, which is then topped with smoked Cheddar and broiled.

2 medium sweet potatoes, peeled and cut into 1-inch pieces

2 medium carrots, peeled and cut into 1½-inch pieces

2 medium zucchini, cut into 1½-inch pieces

3 Tbs. olive oil

1 Tbs. unsalted butter

1 Tbs. finely chopped fresh sage

¼ tsp. cayenne; more to taste

Kosher salt

8 large eggs, at room temperature

Freshly ground pepper

4 oz. smoked Cheddar, coarsely grated (about 1½ cups)

Position a rack 6 inches from the broiler and heat the broiler on high.

Working in two batches, pulse the sweet potatoes, carrots, and zucchini in a food processor until chopped, with pieces no larger than almonds in the mix. Transfer to a bowl.

Heat the oil and butter in a 12-inch cast-iron skillet over medium-high heat until the butter melts and the foam subsides. Add the vegetables and the sage and cook, stirring often, until tender and golden-brown in spots, about 10 minutes. Remove from the heat and season with the cayenne and 1½ tsp. salt.



Smooth the surface of the hash and crack the eggs over it, leaving a little space between each egg. Season each egg with salt and pepper and broil until the whites are set, 1 to 2 minutes. Sprinkle the Cheddar evenly over the eggs and hash and broil until the cheese is melted, about 1 minute. Let cool slightly before serving.

—Ronne Day, *Fine Cooking #123*

nutrition information (per serving): Calories 310; Calories from Fat 190; Protein 15g; Carbohydrates 14g; Fat 22g; Saturated Fat 8g; Monounsaturated Fat 10g; Polyunsaturated Fat 2.5g; Sodium 530mg; Cholesterol 275mg; Fiber 3g

ON THE SIDE: CRUSTY BREAD

wednesday

Skillet-Braised Green Curry Chicken

Active/total time: 45 minutes

Serves 4

Chicken curries are often made with boneless, skinless chicken. Here, bone-in, skin-on thighs are cooked until the skin is nice and crisp; the contrast of that rich crackle with the bright, aromatic sauce is magical.

1 Tbs. vegetable oil

2 to 2½ lb. bone-in, skin-on chicken thighs

Kosher salt and freshly ground black pepper

1 medium yellow onion, diced

3 Tbs. Thai green-curry paste; more to taste

2 cloves garlic, minced

1 13- to 15-oz. can coconut milk

1 medium red bell pepper, thinly sliced

1 Tbs. fish sauce

1 packed tsp. light brown sugar

2 oz. baby spinach (about 2 packed cups)

1 medium lime, cut into wedges

1 Tbs. coarsely chopped fresh cilantro

Position a rack in the center of the oven, and heat the oven to 400°F.

Meanwhile, heat the oil in a large cast-iron or other oven-safe skillet over medium-high heat. Pat the chicken dry with paper towels, and season with 1 tsp. salt and ¼ tsp. pepper. Add the chicken to the skillet skin side down, and cook until the fat is rendered and the skin is crisp and golden, 6 to 8 minutes (do not flip; the chicken will cook more later). Transfer the chicken to a large plate. Remove all but 1 Tbs. of fat from the pan.

Add the onion to the skillet, and cook over medium heat, stirring occasionally, until softened, 2 to 3 minutes. Add the curry paste and garlic, and cook, stirring, until fragrant, about 30 seconds. Add the coconut milk, bell pepper, fish sauce, sugar, and ¼ tsp. salt. Scrape up any brown bits at the bottom of the pan with a wooden spoon, and bring to a simmer. Season to taste with additional curry paste.



Return the chicken to the pan skin side up, along with any accumulated juices from the plate.

Transfer to the oven uncovered, and braise until a thermometer inserted in the thighs registers 165°F, 20 to 30 minutes.

Transfer the thighs to a plate, leaving the sauce in the skillet. Add the spinach to the skillet, and stir until wilted. Season to taste with juice from a couple of the lime wedges, salt, and pepper. Pour the sauce onto a serving platter or divide among plates, then nestle the chicken into the sauce and sprinkle with the cilantro. Serve with the remaining lime wedges.

—Christine Gallary, *Fine Cooking* #155

nutrition information (per serving): Calories 560; Calories from Fat 380; Protein 33g; Carbohydrates 13g; Fat 42g; Saturated Fat 23g; Monounsaturated Fat 10g; Polyunsaturated Fat 6g; Sodium 1420mg; Cholesterol 175mg; Fiber 4g

ON THE SIDE: STEAMED RICE OR RICE NOODLES

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Sautéed Shrimp and Pancetta with Cheese Grits

Active/total time: 30 minutes
Serves 4

The classic Southern dish of shrimp and grits is streamlined here for a quick weeknight dinner.

3 Tbs. olive oil

2 small leeks (white and light-green parts), halved lengthwise, thinly sliced, and rinsed

Kosher salt

2 medium cloves garlic, minced

3½ cups lower-salt chicken broth

1 cup quick-cooking grits (not instant)

4 oz. extra-sharp Cheddar, coarsely grated (about 1 cup)

Freshly ground black pepper

2 oz. ⅛-inch-thick sliced pancetta, cut into ⅞ x 1-inch strips

1½ lb. jumbo shrimp (21 to 25 per lb.), peeled and deveined

¼ tsp. cayenne

½ large green bell pepper, seeded and finely diced (¾ cup)

1 Tbs. finely chopped fresh flat-leaf parsley

In a heavy-duty 4- to 5-quart pot, heat 2 Tbs. of the oil over medium heat. Add the leeks and ¼ tsp. salt and cook, stirring occasionally, until softened, 4 to 5 minutes. Add the garlic and cook, stirring, for another 30 seconds. Add the chicken broth and ½ tsp. salt, cover, and bring to a boil over high heat. Whisk in the grits, return to a boil, then reduce the heat to medium low and cook, partially covered, stirring frequently, until the broth has been



absorbed and the grits are thick, about 5 minutes. Add the cheese and stir to melt. Season to taste with salt and pepper, remove from the heat, cover, and keep warm.

In a 12-inch nonstick skillet, cook the pancetta in the remaining 1 Tbs. oil over medium-high heat, stirring occasionally, until golden and starting to crisp, about 5 minutes.

Meanwhile, pat the shrimp dry and put them in a large bowl. Sprinkle with the cayenne and ¼ tsp. black pepper and toss to combine.

Add the green pepper to the skillet and cook, stirring, until softened, 3 to 4 minutes. Add the shrimp and cook, stirring occasionally, until pink and just cooked through, 2 to 3 minutes. Stir in the parsley. Distribute the grits among 4 shallow bowls and serve the shrimp mixture over the grits.

—*Nadia Arumugam, Fine Cooking #119*

nutrition information (per serving): Calories 670; Calories from Fat 260; Protein 53g; Carbohydrates 50g; Fat 29g; Saturated Fat 10g; Monounsaturated Fat 13g; Polyunsaturated Fat 3.5g; Sodium 830mg; Cholesterol 300mg; Fiber 3g

ON THE SIDE: OLIVE OIL-BRAISED COLLARD GREENS

Wash (but don't thoroughly dry) **collard greens**, trim away the stems, and cut the leaves into 1-inch-wide ribbons. Heat a generous amount of **olive oil** in a large lidded pot until it's very hot. Add the still-damp greens, stirring vigorously until they wilt (if necessary, add them in batches, waiting until the first batch wilts to add more). Season with **salt**, cover the pot, reduce the heat to low, and let the greens cook until they're tender, about 15 minutes.



Know your grits

A Southern staple, hominy grits are made from corn that's been soaked in a weak lye solution, then dried and ground. Like oatmeal, grits are available in instant, quick-cooking, and old-fashioned varieties, and the cooking times can vary. If you can't find quick-cooking grits, substitute quick-cooking polenta instead of instant grits—just be sure to follow the package's instructions for the correct cooking time and the amount of liquid needed.

Swiss Chard Caccio e Pepe

Active/total time: 20 minutes

Serves 4

Commonly thought of as a “winter” green, chard elevates a classic quick-to-make pasta to a hearty meal.

1 large bunch or 2 medium bunches rainbow or Swiss chard

Kosher salt

¼ cup extra-virgin olive oil

1½ tsp. coarsely ground black pepper; more to taste

12 oz. spaghetti

1 oz. (2 Tbs.) unsalted butter

4 oz. pecorino romano, finely grated (about 1½ cups); more for serving

Trim any tough stems from the chard, then cut the tender stems and leaves crosswise into ½-inch pieces to yield 9 cups.

Bring a large pot of well-salted water to a boil.

Meanwhile, heat the oil in a large, deep nonstick skillet over medium heat until shimmering. Add the 1½ tsp. pepper, and cook until fragrant, about 30 seconds. Remove from the heat.

Add the chard to the water, and cook until crisp-tender, about 2 minutes. Using a slotted spoon, transfer the chard to a colander, and set aside to drain. Add the pasta to the water, and cook according to package directions until al dente. When the pasta is almost ready, transfer the chard to a medium bowl.



Reserve 1½ cups of the cooking water, then drain the pasta. Add about 1 cup of the cooking water and the butter to the pan with the pepper and oil, and bring to a boil over medium heat. Add the pasta and cheese, and toss until the cheese melts; add the remaining cooking water as needed to create a creamy sauce that coats the pasta without clumping. Remove from the heat, add the chard, and toss again to combine. Season to taste with salt and pepper. Serve immediately with additional cheese, if you like.

—Arlene Jacobs, *Fine Cooking* #127

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